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HEALTHY PEOPLE • HEALTHY PLANET

Common Ground

NO MORE BULL!

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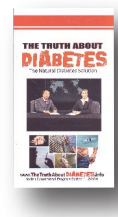

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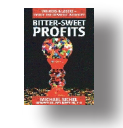

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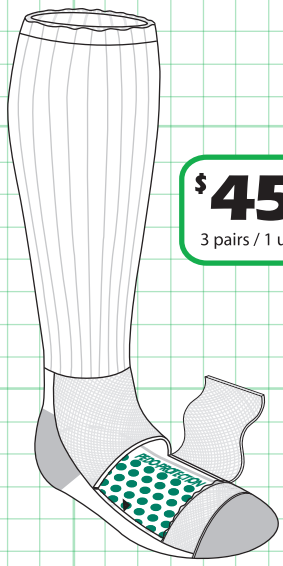

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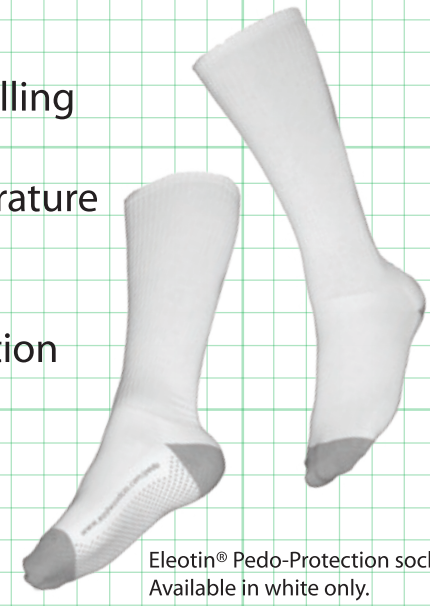

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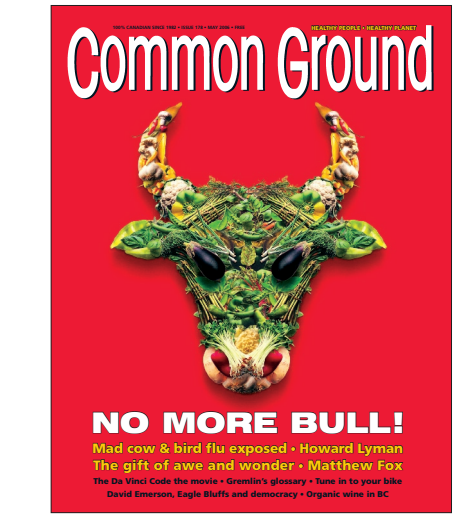
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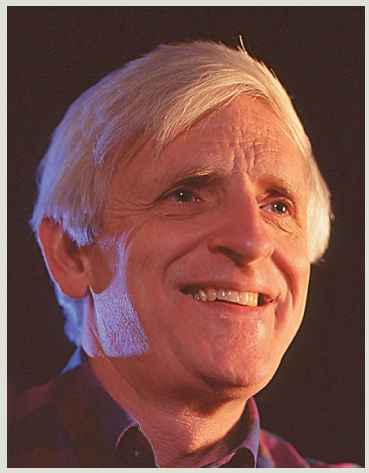
This month's cover by Kris Kozak was adapted from *Paradise Casserole*, original art created by Joy Pierson and Bart Potenza used on Howard Lyman's new book jacket entitled *No More Bull.*

NO MORE BULL
HOWARD LYMAN, P6



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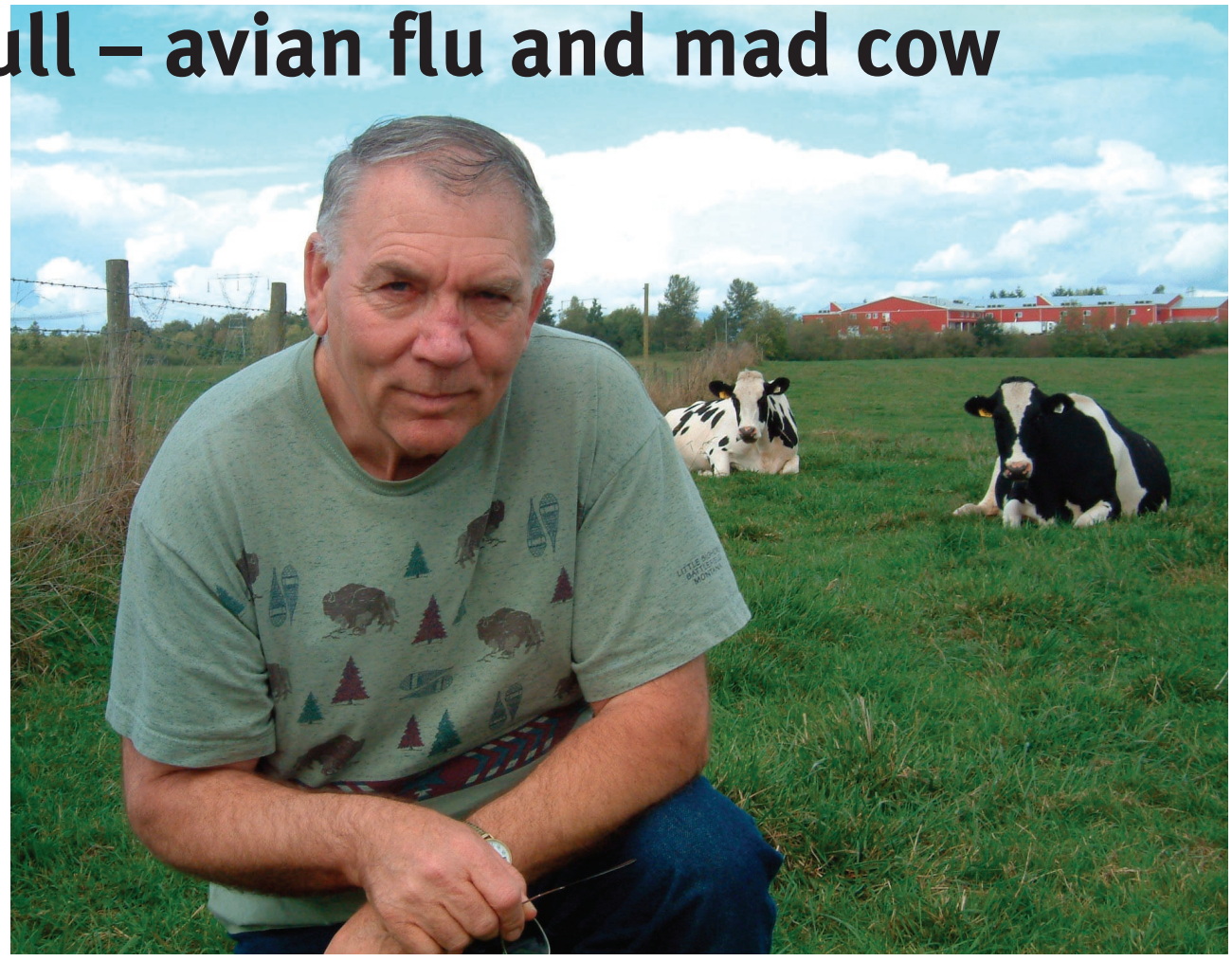
No more bull – avian flu and mad cow exposed



by Howard Lyman

Recent studies of Alzheimer victims' brains show that a shocking 5.5 to 13 percent of these individuals *actually* died from Creutzfeldt-Jakob disease. This is a serious and dangerous misdiagnosis with huge implications.

Now we need to know how much of that CJD is the new variant type caused by mad cow disease. Our governments claim that only one in a million people will be affected by CJD, yet, with more than five million cases of Alzheimer's in North America, the studies, so far, tell a very different story.

We need to remember that whether it is mad cow or bird flu, we are only one mutation away from a worldwide pandemic, and that factory farming and humans' desire to eat meat constitute the root causes. Today, millions of humans could be incubating the brain-wasting disease vCJD, and it could take anywhere from 10 to 40 years before symptoms appear; symptoms very similar to Alzheimer's, and also 100 percent fatal.

CJD is caused by a protein crystal structure called a prion, while influenza is cause by a virus. Health officials warn that when, not if, the avian flu is transmitted from human to human, we could see half, or about 3.5 billion humans, die from this virulent strain. Just think of half of the houses empty, half of the cars parked and half of the classrooms empty. This is a real possibility.

In the last 100 years, we have seen more than 144 different strains of influenza worldwide. There are two forms: the first circulates in wild fowl at low levels that causes little problem to humans. The second is a highly pathogenic avian influenza that is rare in wild birds, but which causes massive domestic poultry deaths.

Many news reports would have you believe that wild birds are spreading the latest form of avian flu H5N1. The truth is that factory-farming confinement operations are the breeding grounds for the mutations of this deadly threat.

Growing up in Montana, I thought tending the soil was like being in the Garden of Eden. We had birds, trees and fertile soil on our organic farm. Later, when I attended Montana State University, I was educated as a chemical junkie. I was taught better living through chemistry and bought this view of the future hook, line and sinker.

Armed with this mindset, I returned to the family farm and built a factory farm that operated on the model I was taught at Montana State University. I paid little attention to the environment and even less to what we fed the animals. If it was cheap and the animals would eat it, and at the same time gain weight, I thought it was the way of the future.

Feeding dead animal waste to plant-eating cows was like robbing the bank with the help of the sheriff. We never gave a thought to the health of the animals, as long as they made it to slaughter. The idea that turning cows into cannibals could come back to haunt us was the furthest thought from our minds.

We need to remember that whether it is mad cow or bird flu, we are only one mutation away from a worldwide pandemic, and that factory farming and humans' desire to eat meat constitute the root causes.

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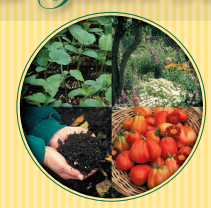
A Year On The Garden Path



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Mad cow disease shocked the world. At the same time, governments were scrambling to try and figure out how to word news releases so that meat sales would continue lining the pockets of large multi-national corporations. The bigger the lies, the more believable their stories became. They probably even started to believe their own lies.

The health of consumers was so far down the list of concerns it almost disappeared from the dialogue of reform. In North America, we talked about a firewall that would protect us from the disaster that was unfolding in the UK, even though we all used the same feeding practices, plus the fact that breeding stock was imported from the UK. This had to be the height of stupidity.

Faced with a similar problem with avian flu today, the news release has become the preferred vehicle of protecting the consumer. This approach might work if birds could read. The foundation of poor health for humans is directly related to the greed that has become commonplace in our society. The one thing I wonder is if we will have enough money to bury half of our people.

The media never talks about the role that factory farms play in avian flu, and most consumers think the answer lies in some miracle drug, just waiting for final approval from our world-class health care system. I shudder to think of the disaster just over the horizon that will make a tsunami look like child's play.

It is not what we know that causes problems; the problem is the untruths that dominate headlines and news reports. It is time to cut through the bull about mad cow and the bird flu so we can alter our direction on the road, rather than being forced to drive off a cliff.

Both mad cow disease and the avian flu H5N1 are directly amplified by factory-farming practices. To feed cows, which are herbivores, a diet of cooked animal flesh is asking for a big problem. When we cram thousands of poultry into crowded pens with weakened immune systems, and feed them antibiotics at a level only high enough to see them through to slaughter, we are providing the perfect environment for viruses to mutate. So, today, we are skirting the edge of another pandemic.

Several avian flu outbreaks have occurred throughout history. In 1918, when my father was in the army, between 40 and 50 million people died worldwide from what was called the Spanish flu, a strain of bird disease that mutated until it was easily passed from human to human. At that time, most world travel was by boat, so the spread from one continent to another took from six to nine months. Today, with air travel, it can take as little as 60 days for a virus, such as H5N1, to spread around the world.

The hope that scientists will be able to develop and manufacture a vaccination to combat this ever-changing strain is highly unlikely. The drug available today, which has shown some ability to work if taken in the very early stages of infection, is being negated by changes in the strain. There is little chance that science will be able to stay ahead of this killer. Of the 175 people diagnosed with H5N1, 95 have died. Our immune system is not programmed for this new strain, and until we acquire the necessary immunity, billions of lives may be lost.

At the Prionics BSE-testing facility in Switzerland.

Faced with a similar problem with avian flu today, the news release... approach might work if birds could read.

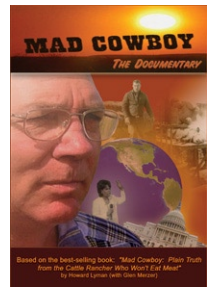
Since 1961, the growth of livestock worldwide has increased an astounding 38 percent. Poultry has quadrupled to almost 18 billion birds and pigs have grown in number to two billion. It is clear that the table is set for a pandemic of biblical proportions.

The link between infected cows and the human form of variant Creutzfeldt-Jakob disease was first identified 10 years ago. Other animal diseases, such as monkey pox, HIV/AIDS, West Nile virus, Ebola, SARS and Lyme disease, are moving much more easily from animals to humans than in the past. Only five years ago in England millions of sheep and cows suspected of having foot and mouth disease were killed and burned.

Human behaviour is also a factor in the growing problem of the transmission of animal diseases to our species. We are using drugs designed for people to treat livestock, which enables the pathogens to learn new ways to subvert the drugs' effectiveness. We are also destroying animal habitat at an alarming rate, forcing animals and humans to live in much closer proximity.

It seems like the problem is so overwhelming that there is nothing we can do. In fact, nothing could be further from the truth. Every time we spend a dollar, we are voting on the future. Are we spending our resources wisely? When we spend our money on meat produced on a factory farm, we are endorsing the madness that takes place on those farms. Mad cow disease and the bird flu are direct results of the industry's current practices.

We need to take responsibility for our actions and become a role model for those around us. We do not have to be perfect, but we do need to strive to do better tomorrow. If there is to be a bright future for our children and grandchildren, we must begin to be part of the solution.



See Howard Lyman in Vancouver

Howard Lyman is an internationally known lecturer and president of Voice for a Viable Future. He is co-author of *No More Bull!* and the author of *Mad Cowboy*. He presents the Canadian premiere of his film *Mad Cowboy* and a book signing at the Animal Voices Film Festival, H.R. MacMillan Planetarium, June 3-4. Mad Cowboy screens June 3, 2-4 pm, and June 4, 3-5 pm. Day pass for festival $6. www.animalvoices.org/filmfest, 604-924-4966.

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by Geoff Olson

ARMAMENTS: Devices made by the respectable and marketed to the questionable to target the expendable.

BRAIN: A device that miraculously awakes of its own accord every morning, and doesn't stop until the moment you arrive at work.

BUREAUCRACY: A gargantuan, Oz-like mechanism run by officious, anal-retentive Munchkins.

COMMUTE: A time-consuming drive to a job you don't like in a car you can't afford so you can buy things you don't need.

COMPETITION: The secular God westerners worship through daily automotive rituals (see commute).

CULT OF THE DONKEY: An American quasi-religious order comprised of "Democrats," who every few years play a shirts-and-skins match against Republicans, using the entire nation as a playing board (see Cult of the Elephant). In these games, the players who get the most money out of corporate benefactors win by recirculating those dollars back into the coffers of broadcasting networks owned by the selfsame corporations.

CULT OF THE ELEPHANT: An American, quasi-religious order comprised of Republicans, who every few years play a shirts-and-skins match against Democrats, using the entire nation as a playing board (see Cult of the Donkey).

EMERSONIUM: A political element deposited in the Shaughnessy area of Vancouver. Emersonium is stubbornly non-reactive, even under extreme heat and pressure. It has a half-life of several years, at which time it does not decay, but instead undergoes a reorganization in which it transmutes into an isotope from another party. Emersonium refuses to shed any light, and experimenters in the laboratory of democracy have failed to make it split.

FIFTH HORSEMAN OF THE APOCALYPSE: A Dane with a sketchpad.

GAIA: Greek goddess whose name was cribbed by NASA atmospheric physicist James Lovelock to describe the self-regulating properties of Earth's biosphere. In a popular variation, the word connotes the feminine principle writ large, and is used as an updated term for Mother Nature. Gaia is not used often by the patriarchs of industry, government or the press, however. But as they say, behind every great man there's a woman rolling her eyes. And in this case, the dame's got a mean left hook too.

IMF: The International Monetary Fund, a global, financial lending institution. Also an English abbreviation used worldwide by those downsized due to the bank's structural adjustments – "I'm fired." (I'm not making this up.)

... used as an updated term for Mother Nature, Gaia is not used often by the patriarchs of industry, government or the press.

INSTANT COFFEE: Punishment for people who are in too much of a hurry.

NEW AGE: Both as a noun and an adjective, this term describes a zeitgeist that is hard to define, but instantly recognizable. If, for example, you are reading this magazine in an organic restaurant after your Reiki workshop, and are heading home for a nap in your orgone box because you're still woozy from last night's trance-channeling seminar at the hot springs, you are likely New Age.

OIL: Operation Iraq Liberation. According to journalist Greg Palast, this was the preliminary name for the US invasion of 2003, just before White House political strategist Karl Rove instructed his coterie of jokey advisors to be a little less obvious. The term then became Operation Iraqi Freedom.

OLYMPICS: An international group-grope for developers and financiers, in which host cities welcome the advances of the IOC, resulting in much fiscal fornication and the birth of inane mascots along with soon-to-be-useless sports complexes.

ORGANIZED RELIGION: A cult with good PR.

POWERPOINT: Satan's overhead transparencies.

REFORM PARTY: A mid-'80s movement from the Canadian prairies, and the moral and political equivalent of the USA's Republican "moral majority." With its rotating door of paleoconservative leaders, Reform became the Alliance, which then morphed into the Conservative Party, after the Borg-like absorption of less reactionary elements from the old Progressive Conservative Party. The name will likely continue to mutate, until it predictably arrives at "National Socialism."

RUMI: 13th century Islamic poet responsible for beautiful, metaphorically veiled verses praising life, love and the eternal.

RUMMY: 21st century US Defence Secretary Donald Rumsfeld, responsible for wonderfully obscure quatrains in Pentagon press briefings praising liberty, liberation and Halliburton.

SOUTHERN CALIFORNISH. A dialect of American English in which the transitive verb "to bomb" has an equally colon-rattling effect in the area's comedy clubs, movie studios and Homeland Security apparatus.

VOICEMAIL HELL: "Welcome to Hell. If your message is about the boiling lava or poisonous snakes, press one. If you are interested in hot yoga or our classes in PowerPoint, press two. If you would like to speak to one of Satan's minions, and you know the extension, press the appropriate code. If you would like to speak with the Archfiend himself, please hold for all eternity."

WATERFRONT VIEW: The real estate omega point – the lifestyle be-all-and-end-all. You can kick back like Buddha, enjoying magnificent sunrises or sunsets over your watery vista, secure in the knowledge you've truly arrived – at least until sea levels rise three feet.

YOGA: 1) An ancient mind/body discipline in which physical poses are only one aspect. 2) A contemporary fashion-related discipline in which posers are the main aspect. 3) Satan's workout class.

Mwiseguise@yahoo.com

Create an awe-inspired life

by Rev. Matthew Fox PhD

The modern era was not big on awe. It was more dedicated to taming awe than fanning it; more intent on mining what was awesome than praising it. More intent on making money than on making awe. Those who create awe, artists for example, are rarely honoured in a commerce-driven society, until, of course, they become big money makers. Their work is then discovered because it serves financial interests, not because it serves the interests of awe itself.

Heschel put it this way: "The beginning of our happiness lies in the understanding that life without wonder is not worth living. What we lack is not a will to believe, but a will to wonder."

A "will to wonder," now that is a different understanding of will. Not will as power, or gritting one's teeth, or shouting and barking orders, or "I know I can, I know I can," but will as wonder. Will as wonder is a child's will, a will of eagerness to learn, a will of desire to be seduced, amazed, broken open, of expanding, growing and exploding. Jesus said something similar when he said, "Unless you turn and become as children, you will not receive the reign of God." Receptivity is more alive in children than it is in adults. Adults need to relearn wonder and the awe that accompanies it.

The "10 Cs" bring the pre-modern wisdom together with post-modern needs. Our ancestors from pre-modern times invariably included these elements in the education of their young people, and we need to bring them back into our awareness today.

The 10 Cs are as follows: Cosmology or creation (including ecology); contemplation; creativity or co-creation; chaos; compassion; courage or magnanimity; critical consciousness and judgment; community; ceremony and celebration; character and chakra development. Five of the 10 are explained below:

Cosmology and ecology: Without knowing where we come from, or when we arrived, we are lost. Cosmology teaches us where we come from, where "here" is, and, therefore, gives us a hint as to where we are headed. If we don't know our origins, it is very difficult to be clear about our goals. Cosmology is about time and space.

Today, science gifts us with a new cosmology, which transcends nations, cultures, religions and personality types. It is time to make this story come alive in the hearts and minds of our young people (and older ones too). With cosmology, we reconnect with our inherent depths of immensity, intensity and intimacy. To know the immensity of the universe is to be awakened to our vastness, and also to our specialness in the world.

To hear how the universe unfolded in its 14-billion year history and how we have inherited that rich ancestry; to begin to imagine how it is currently unfolding; to ask what our role is as human beings in this continuous unfolding; to be baptized into the gratuitous beauty of this universe and this Earth as a specific place and in a specific time in history, all that is cosmology. And all of that will return meaning to our lives. To reset our work and professions from politics to economics, and from manufacturing to recreation, into a cosmic and eco-context, therein lies the bedrock for the renewal of our species and the education of present and future generations.

When he states, "Ecology is functional cosmology," Thomas Berry tells us about the inherent connection between cosmology and ecology. Ecology is the local expression of the cosmos; it is the small hoop that mirrors the large hoop. A society that has lost cosmology has lost a sense of ecology and its relationship to the Earth. An educational system that has neglected ecology has lost its relationship to the cosmos. To study cosmology is to study ecology, and vice versa.

2. Contemplation, meditation (*kenosis*, emptying): Maria Montessori teaches children how they can "make silence." We need to explore the silence that we are capable of making. Calming our busy monkey brains and our action-reaction reptilian brains is necessary for the very survival of our species, as we live more and more in busy, crowded, noisy, urban settings, and as we are called to deal more wisely with technological inventions that, unexamined, could annihilate our species with their immense powers of violence and destruction.

Wisdom traditions throughout the world teach practices of calming the busy brain through meditation and stress reduction. One of our faculty members teaches tai chi and mask-making to people in prison. In one session, he was teaching a group of men, all who had committed murder. When they finished the class, several people said to the instructor, "This is the first time in my life I have experienced quiet."

The word *kenosis* means to be emptied. We humans are capable of vast emptying. We can empty the mind of bad memories and anxious thoughts. Contemplative practices such as meditation exercises help us become empty.

3. Creativity: Along with contemplation and emptying comes play, fantasy and creativity. Creativity is utterly natural to our species; indeed, it is the working definition that anthropologists take into the field when they look for bones of old bipeds, bones that are accompanied by artifacts.

We are the bipeds that specialize in artifact making. We are powerfully creative beings, which not only explains the beauty and genius we give birth to in our music, theatre, paintings, music, architecture and science, but it also explains our capacity for destruction or evil. A useful education today must instruct us in our creativity so that we do not turn it over to others, and to ensure that we use it for purposes that are life-giving and life-affirming (biophilia), rather than in destructive or death-affirming (necrophilia) ways.

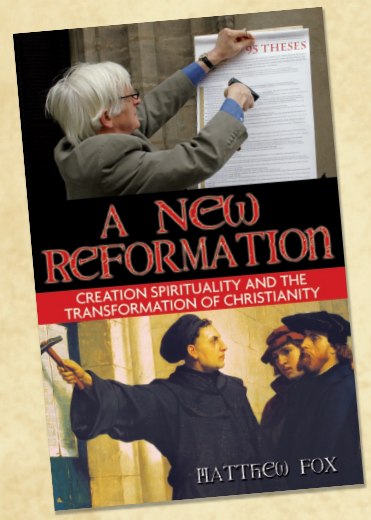
We ought to be teaching about humanity's capacity for evil, so that we can consciously move beyond it. This has everything to do with our capacity for creativity and what we choose to do with it.

Creativity is also about problem solving. When we look at the ecological crises that face our species today, we sometimes despair or throw up our arms and declare, "This is too much; this is beyond me to solve." But by working together and making ecology a priority, we can solve many problems. Carl Pope, executive director of the Sierra Club, points out that if the federal government simply required automakers to use the best available technology, "All vehicles could average 40 miles per gallon within 10 years." We can do this. Note that one third of California residents responded to the 2001 energy crisis by reducing their energy demand by at least 20 percent.

4. Chaos and darkness: What science calls chaos and the mystical tradition calls the "*via negativa*," or dark night of the soul, is with us everywhere. But scientists and mystics assure us that the elements of chaos – darkness, unravelling, not being in control, confusion, doubt and uncertainty – are natural rhythms in nature and part of a dialectic of expansion and contraction. Indeed, chaos offers us rich occasions for learning life's deepest lessons: lessons of trust and wonder, waiting and gestation.

Chaos is part of nature. It is part of our weather systems, the unfolding of galaxies, supernova explosions and black holes. It is also part of human nature. A midwife told me recently, "Nothing is more chaotic than childbirth. It is a mess. But observe what comes from it." New beings come through chaos, and our lives are marked by many chaotic episodes. Chaos is not a "bad" thing. But it is a mark of the universe that we must be prepared for and about which we must be educated. Chaos is part of human creativity in a special way. Artists

continued on p.37



A New Reformation

Creation Spirituality and the Transformation of Christianity

MATTHEW FOX

In 1988, Matthew Fox was expelled from the Dominican Order by Cardinal Joseph Ratzinger, now Pope Benedict XVI. Fox's 1983 book, *Original Blessing*, (250,000 sold) called for the replacement of Original Sin with a doctrine founded in the sanctity of Creation.

In June, 2005, Fox—like his predecessor Martin Luther—nailed to the door of the Wittenberg Cathedral his own 95 Theses, demanding a New Reformation that would lead Christianity away from a punitive God toward a loving and inclusive faith that embraces the feminine, encourages scientific thought, and is founded on *Original Blessing*. *A New Reformation* presents Fox's 95 Theses and his passionate call for the radical realignment of Christianity, both Catholic and Protestant.

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Controversy and conspiracy mark The Da Vinci Code

FILMS WORTH WATCHING • *ROBERT ALSTEAD*

In Akeelah and the Bee, you'll be rooting for little Akeelah Anderson (Keke Palmer) to spell her way to the top.

The big fixture this month is, of course, the May 19 release of the eagerly anticipated, much talked about *The Da Vinci Code*.

For those who may have been locked in a vault for the last year or so, the film is based on Dan Brown's hugely successful novel about a secretive, Christian conspiracy wrapped up in a puzzle, based on Leonardo da Vinci's work.

Tom Hanks stars as a Harvard professor, who teams up with a French cryptologist (Amelie star Audrey Tatou) to follow a trail of puzzles across Paris, London and beyond, leading to what is probably now the worst-kept secret about the real relationship between Jesus and Mary Magdalene.

A whirlwind of controversy has surrounded Brown's book. The movie, which opens the prestigious Cannes Film Festival (May 17), was still under wraps at *Common Ground's* press deadline, so I can only speculate that if The Da Vinci Code is as provocative as the book, it will be a talking point for months to come.

Following in the wake of the excellent German drama *Downfall*, which reconstructed Hitler's last days in his bunker, comes another film from Germany about the difficult subject of wartime under the Nazis. *Sophie Scholl* (opens May 19), which was nominated for an Oscar for best foreign film, recounts the true story of a 21-year-old, anti-war protestor in Munich in 1943.

A procedural drama, it focuses on the courage of a young woman, who had the boldness to follow her conscience under great duress throughout days of interrogation.

If you are looking for something lighter, *Akeelah and the Bee* (out now) should fit the bill. In the footsteps of acclaimed documentary *Spellbound*, *Akeelah* tells the story of a cute, but deprived, 11-year-old girl (Keke Palmer), who has a gift for spelling.

For those who may have been locked in a vault for the last year or so, the film is based on Dan Brown's hugely successful novel about a secretive, Christian conspiracy wrapped up in a puzzle

She is discovered by a gruff prof (Laurence Fishburne), who helps her compete in a national spelling bee. It's a roller-coasting, heart-warming crowd-pleaser.

On a Clear Day is in the same bracket (out on May 12), starring the ever-reliable Peter Mullan as an unemployed, Glasgow shipbuilder, who seeks to repair his ebbing sense of self-worth and rocky relationships, by swimming the body of water between England and France known as the Channel.

Moving closer to home, in *Souvenir of Canada*, Gen X author Douglas Coupland offers entertaining musings on what makes us Canadian (opens May 12).

Actually, when you see Coupland's magpie-like collection of Canadiana, acquired for his grand-sounding *Canada House* project – a Vancouver bungalow that he converted into an art installation before it was demolished – it's inevitably a subjective and ephemeral view, but intelligent and funny.

While films about making movies often run the danger of getting bogged down in cliché, David Mamet's sharp-witted satire *State and Main* pulls it off.

In *Don't Come Knocking* (out now), director Wim Wenders and writer Sam Shepherd try a more abstract approach. Shepherd plays a washed-up film set fugitive, who attempts to aright 30 years of wild gallivanting by reconnecting with family, including a son he never knew he had.

Meanwhile, the movie's insurance investigator (Tim Roth) is hot on his heels. *Knocking* is similar in tone to Shepherd and Wenders' memorable, earlier partnership production *Paris, Texas*, with a surreal, regretful quality, and some luscious cinematography, although the unevenness of its tone makes it a little unsatisfying.

The Doxa Film Festival returns this year to the Vancouver International Film Centre and Empire Granville 7, with six days of new documentaries running from May 23 to 28.

The festival opens with *Shameless*, which marks Bonnie Sherr Klein's return to directing nearly 20 years after she suffered two strokes at the age of 46. *Shameless* casts a critical eye toward the representation of disability in the arts, and the work of disabled artists themselves, "seeking to dispel the myth of disability as tragedy, and replace it with something much more complex and interesting, including laughter."

Doxa closes with *Escape to Canada*, a film by Andrew Nerenberg (*Stupidity*), which looks at whether or not Canada can be cool.

Other festival highlights include *Homemade Hillbilly Jam*, a modern-day, musical romp through the Ozarks, *Leila Khaled Hijacker*, in which the filmmaker catches up with an infamous, female terrorist, and *Zero Degrees of Separation*, a film exploring the complications of being in love with someone of the same sex, who hails from the other side of the Israeli-Palestinian divide.

More at www.doxafestival.ca

Robert Alstead, who also writes for www.iofilm.ca, is currently making a documentary about cycling called You Never Bike Alone*, www.youneverbikealone.com*

Vancouver loves peace

A SHORT HISTORY FROM 1969 TO 2006

Complied by Rex Wyler and edited by Arne Hansen

Spring 1968: Anti-war demonstration on the lawn of the Provincial Court House organized by a coalition of church groups called End the Arms Race. Participants included the BC Voice of Women, the Internationalists, Quakers, the Vancouver Diggers, young radicals, American draft resisters, ecologists, and street theatre comic performances by town fool Joachim Foikis. Journalists Ben and Dorothy Metcalfe recorded speeches for his CBC broadcast. Bob Hunter interviewed participants for his Vancouver Sun column. Bob Cummings and Dan McLeod recorded events for the city's new radical tabloid, the Georgia Straight.

August 1969: the United States announced a one-megaton nuclear bomb test, Milrow, scheduled for October on Amchitka Island, in the Aleutian Islands.

September 1969: At Simon Fraser University, 30 members of the Sierra Club meet and form the Sierra Club of British Columbia. Early organizers are Terry Simmons, American Quakers Jim and Marie Bohlen, Katy Madsen from the uranium mining campaign in the BC Interior, and first chairman, Ken Farquharson, from the Skagit River Valley campaign. The Sierra Club of BC adopts the uranium and nuclear weapons issues as ecological concerns.

September 24, 1969: Bob Hunter wrote in the Vancouver Sun, warning about the U.S. nuclear tests in the Aleutian Islands.

September 29, 1969: The Vancouver environmental group SPEC organized a demonstration at the US Consulate in downtown Vancouver to protest the nuclear bomb test, using "DON'T MAKE A WAVE," placards. Members of End the Arms Race, BC Voice of Women, SPEC, CBC journalist Ben Metcalfe, Quaker pacifists Irving and Dorothy Stowe, nuclear researcher Lille d'Easum, activist Paul Watson, and others attended the demonstration.

October 1, 1969: SPEC and the UBC Alma Mater Society organized a demonstration that closed the US/Canadian border at Blaine while Greenpeace demos across the country closed all Windsor and Sarnia bridges and tunnels to the US. That night, the Milrow blast was detonated 4,000 feet below the surface of Amchitka Island. The blast registered a Richter 6.9 shockwave.

November 1969: When a 5-megaton US bomb test under Amchitka is announced for the fall of 1971, Irving Stowe and other activists formed the Don't Make a Wave Committee, which included the BC Association of Social Workers, Deeno Birmingham and the BC Voice of Women, members of the Sierra Club group, and journalists Bob Hunter and Ben and Dorothy Metcalfe. Meetings are held at their home on Courtenay Street in Point Grey, which would become a hub of pacifist action and the first meeting place of Greenpeace.

October 5, 1970: Joni Mitchell, James Taylor, Phil Ochs, and BC band Chilliwack stage a benefit concert in Vancouver for the Amchitka campaign to stop nuclear bomb tests, raising $17,000.

September 15, 1971: The Don't Make a Wave Committee chartered the halibut boat Phyllis Cormack, rechristened Greenpeace, for a voyage to into the Amchitka nuclear test zone. The US Coast Guard arrested the boat, but the international protest swelled and in February 1972, the US Department of Defence closed its Alaska nuclear test site. The organization later changed its name to Greenpeace, and became a global force for peace and ecology.

October 1971: BC labour leaders and unionists joined 12,000 Vancouver students, teachers, and parents, marching in Vancouver streets to protest the testing of nuclear weapons.

Summer 1972: Ben and Dorothy Metcalfe organized a campaign to halt French nuclear testing in the South Pacific. They recruited fellow Vancouver sailor, David McTaggart, to sail into the French nuclear test zone around Moruroa atoll. That summer, Ben and Dorothy Metcalfe led a delegation of Vancouver citizens to the first United Nations Environment Conference in Stockholm, and were instrumental in getting nuclear testing on the agenda and securing an overwhelming vote to ban atmospheric nuclear testing.

February 1973: With France exploding nuclear weapons in the atmosphere, 10,000-ton French Navy ship Jeanne d'Arc visited Vancouver carrying six Exocet missile launchers and four 100-millimetre guns. A group of Vancouver pacifists unfurled a 30-foot banner from the Lions Gate bridge inscribed: MURUROA MON AMOUR. A flotilla of protest boats greeted the warship in Burrard Inlet, chanting, "La paix, la paix."

Summer 1976: World opinion, inspired by the campaign launched from Vancouver, forced France to stop testing nuclear weapons in the atmosphere. France moved nuclear tests underground on the South Pacific island of Fangataufa.

February 23, 1982: Mayor Michael Harcourt proposed a city referendum on disarmament, to determine citizens' concerns about the Port of Vancouver being a potential wartime target. The referendum was put to voters in 1984.

April 24, 1982: Initiated and named by Ric Testa and Joseph Roberts, the Walk for Peace, organized by End the Arms Race, attracted 35,000 citizens.

April 23, 1983: Vancouver City Council, school and parks boards help organize the Walk for Peace. The mayor and council delivered to every household a leaflet stating "[We] strongly urge you to walk for peace from Kitsilano Park to Sunset Beach ... nuclear war is the greatest possible threat to life and health we face." Vancouver City Council declares Vancouver a Nuclear free city, 65,000 people walked for peace, and the first Vancouver Peace Committee was founded.

April 1984: Vancouver City Council

continued on p.17

MAKE PEACE

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In tune with your bike

by Dan Atkinson

Anyone who owns and rides a bike has, at some point, taken it in for a tune-up. The concept seems simple enough, however, rarely is it actually stated what, exactly, will be checked, cleaned, adjusted or repaired. Sometimes, your expectations just aren't met.

Communication can be a problem. You have an idea of what you expect will be done and you naturally assume the phrase "tune-up" is sufficient. Different shops include specific work in their tune-up and charge varying prices. However, there are a few things you can do to ensure that the work you want done is actually done:

There is a possibility that you don't actually need a tune-up, but instead need a repair or adjustment to a specific area of your bike. You can save some cash if you already know what needs to be fixed. Naming the problem as a mechanic sees it will help bridge the communication gap, and ensure that your bike will be fixed as you expected.

A tune-up may be perceived as something as simple as an adjustment to gears and brakes, all the way to a full-serviced, all bases covered, washed and detailed affair. Ask both what the tune-up includes and how much it costs. Also ask if someone will call you if they find problems not covered in the tune-up.

Prior to visiting the mechanic, do your own inspection of the bike and make a list of things you want adjusted, repaired and replaced, etc.

When you take your bike in for repairs or adjustments, it wouldn't hurt to bring in your list and have it stapled to the actual work order. Be sure to include your phone number. Your description, "It makes a weird sound in the rain" might not translate into a problem with the bottom bracket.

Most bike fixes are covered in these four categories:

Adjustments: Easy to spot and explain. Gears don't change as expected. Brakes don't work well; pads rub against the wheel or are worn out. A wheel is no longer straight; spokes are loose. Wheels feel tight or loose around the axle area. Pedal area is loose or tight. Steering area is loose or tight. These are things that should be attended to and shouldn't cost too much to fix.

Repairs: Again, these are easy to spot and explain. You can actually see the damage and the bike is usually not rideable due to the problem. You might be prepared to have the part replaced, but a good mechanic may be able to repair it. If you choose to have the part repaired, ask if there is a guarantee that the part will work as expected. Due to the labour and parts required, repairs tend to be costly.

Overhauls: Generally, this applies to areas of the bike with bearings and axles, but it also includes areas that require dismantling to keep them operating properly. Shocks, internal gears, gear changers and other mini-systems fall into this category. These are areas that require attention less often but can cost more if overlooked for too long. Wiggle your wheels, pedal area and handle bar area.

If something feels loose, get it adjusted fast to avoid problems. Telltale signs that things are serious include loose or very tight bearing areas, cracking and creaking sounds and a sense that there is definitely a problem that isn't going to fix itself. Don't hesitate to have these problems looked at immediately. Overhauls are costly, but necessary.

Customizing: You have an idea of how you want your bike to look and/or feel. It might be something like a totally new position or small adjustments to improve your current position. Maybe you think of your bike as a dear old friend that deserves a total makeover: paint job, new wheels and all new parts and decals.

This is the point where communication is of the utmost importance. A mechanic will know how to repair your bike if you explain the problem, but customizing a bike is a personal matter.

How your body feels and responds to your bike makes a huge difference in your enjoyment of the ride, regardless of whether you are road racing, mountain biking, doing stunts, commuting or just enjoying a casual ride.

Photo courtesy of Raleigh Bicycles

If you are still looking for someone to deal with, be sure to ask friends, talk to other riders and drop into various bike shops to get a feel for who sells and repairs different styles of bikes.

Finding a mechanic that not only works on your bike to your satisfaction, but who also shares your vision of your bike and how it relates to your body, your life style and your needs will require some searching, but it's well worth the effort.

Dan Atkinson has been hanging around bikes – it was his family's business – for the last 30 years. In 2005, he opened Dan's Bike Shop at 3424 Broadway West, 604-739-3424.

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Where do we come from and where are we going?

TWENTY SOMETHING • *ISHI DINIM*

Lately, I've been thinking a lot about human history. I'm fascinated by how events have twisted and turned to land us here – how each one of us is lucky enough to have had our unique set of genetic code survive long enough to make our present incarnation. We have all endured the pain and suffering of millennia rife with famine, rape, pillaging, genocide, unspeakable horrors and calamities. My bones don't remember the terrible struggle and hardship that got me here, yet here I am.

My parents conceived me when they were in love, so I'm told, and our family tree, stories and photos illuminate a further understanding of where I came from. Beyond that, whichever series of happy, or unhappy, accidents befell my relatives will remain a mystery. At what point does history cease to matter? Or rather, at what point does the bad stuff in our history cease to matter?

I got really sick, my goldfish died and I fractured my right ankle. All this recent history could have really got me bummed. But that didn't happen thanks to my friend Jules, who really put it into perspective for me. "At least you're not building a road in Iraq right now," he said. How true. And at that moment, the cure for our depressive first world malaise presented itself. We could cultivate a vivid cultural imagination with a focus on empathizing with others to escape or overwhelm our own suffering. Then I reentered reality. We aren't in a charity-based world, with the best interests of our global brothers and sisters in mind. Life is cheap and people are greedy. For thousands of years, humans have been looting the planet, taking advantage of one another and generally acting rude.

All cynicism aside, if there weren't a kernel of decency inherent in humanity, the species couldn't have survived this long. We have networks of individuals and coalitions volunteering their efforts worldwide. Without them, we would have already lost to the dominators. Thinking about other peoples' problems is both noble and important; dealing with our own is a day-to-day necessity. Often, problems appear very severe, with few solutions looming on any horizon. It is understandable that we gravitate towards thinking about quandaries that have a simple and easy fix. Just work on yourself, be the change, right? Well how come that can be so f*ck#ng hard to accomplish? We've got a lot of work to do people. Let's get it together.

All cynicism aside, if there weren't a kernel of decency inherent in humanity the species couldn't have survived this long.

Quotes:

The world is a dangerous place to live, not because of the people who are evil, but because of the people who don't do anything about it.

– Albert Einstein

Scientists announced today that they have discovered a cure for apathy. However, they claim no one has shown the slightest interest in it.

– George Carlin

He who does not know history is destined to remain a child.

-Cicero

Be patient toward all that is unsolved in your heart and try to love the questions themselves like locked rooms and like books that are written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will find them gradually, without noticing it, and live along some distant day into the answer.

– Rainer Maria Rilke, *Letters to a Young Poet*

Movies:

V for Vendetta

The Squid and the Whale

Ishi graduated from Emily Carr Institute of Art and Design in 2001, with a BFA major in photography. He makes films, collects cacti and ponders many things. Currently, he is trying to figure out what to do with the rest his life. contactishi@yahoo.ca Waiting to hear echoes back –

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It's all about the microbes

ON THE GARDEN PATH • *CAROLYN HERRIOT*

Microbial soil life plays a vital role in plant health. It is these microorganisms that break down organic matter to create humus compounds, which serve as sites for nutrient adhesion.

Plant roots "shop" for these nutrients by exchanging their positively charged hydrogen ions with the positively charged nutrient ions adhering to humus. Simply by balancing their inner chemistry, plants choose which nutrients they need. All quite amazing, but even more amazing is the fact that we are only now recognizing the importance of protecting the microbial life in the soil.

Although plants can't distinguish between nutrients from natural or synthetic sources, it is the synthetic compounds, applied as fertilizer, that damage and destroy microbial soil life. In today's world, soils continue to be depleted from higher and higher inputs of petrochemical-based fertilizers. Every time crops are removed without restoring organic matter, the nutrients in the soil are depleted, which results in reduced fertility, decreased plant health and soil erosion.

Slow-release, natural source fertilizers do not destroy soil life, and they break down gradually, providing plants with the correct proportion of nutrients, used as needed.

When soil is regenerated by inputs of organic matter, derived from the practice of crop rotations, green manures, mulch and compost, nutrients that have been removed by plants are restored. Beneficial soil microbes are also kept fed, so they can continue their job of slowly breaking down and releasing essential elements to plants. So it is understandable that the basis of healthy plant growth is really all about the microbes.

Homemade fertilizer

Blended organic fertilizers are useful when soil fertility is in question, and when either starting a new garden or trying to revitalize one. Natural source fertilizers are slow-release and continue to work as they slowly break down. Over time, once soil fertility has been re-established, the need for these supplements declines.

Steve Solomon's formula: (NPK 1:1.5:1)

Measure by volume:

4 parts seed meal (canola, alfalfa or soy) or fish meal

1 part dolomite lime

1 part rock phosphate or 1/2 part bone meal

1 part kelp meal

Blend well and mix again before application. Work in lightly under young transplants, or sidedress along existing plants. Apply around drip line of plants, and work in gently so as not to damage the roots. Granular fertilizer takes three to four weeks to break down before roots can access it.

Seed meal = nitrogen source (N) for healthy leafy greens.

Rock phosphate = phosphorus (P) for fruits and flowers.

Kelp meal = potassium (potash) (K) for roots and overall good health.

Lime counteracts soil acidity and adds calcium & magnesium.

Crop rotation:

Many gardeners are confused about crop rotations, an important practice in food gardens that prevents the buildup up of soil pests and diseases. If brassicas, prone to club root, are grown in the same bed every year, this spore-borne fungal disease will eventually establish and infect all future brassicas grown there.

If tomato blight (*Phytophthera infestans*) has occurred, spores remain in the soil to infect any future crops of the Solanaceae family: tomatoes, peppers, eggplants or potatoes.

Avoid carrot fly by not sowing carrots on ground that has recently been used for carrots or parsnips or any of their Umbelliferae relations, as maggots or pupae may still be present in the soil, waiting to feed on a new crop.

Rotating crops around the garden breaks the cycle of attracting and accumulating pests and diseases. There are eight main families of vegetables, so plant members of each family in a different place each year.

The chart below clarifies how to plant using simple crop rotations:

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SIMPLE CROP ROTATION

ROTATION	FAMILY	EXAMPLES
brassicas	*Cruciferae*	arugula, broccoli, brussels sprouts, cauliflower, kale, radish, rutabagas
squash	*Curbitaceae*	cucumber, squash
greens	*Chenopodiaceae*	chard, spinach, endive, lettuce
legumes	*Compositae Leguminosae*	beans, peas
alliums	*Liliaceae*	leeks, onions, shallots
roots	*Umbelliferae*	carrots, celeriac, celery, parsnips
solanoids	*Solanaceae*	eggplants, peppers, potatoes, tomatoes

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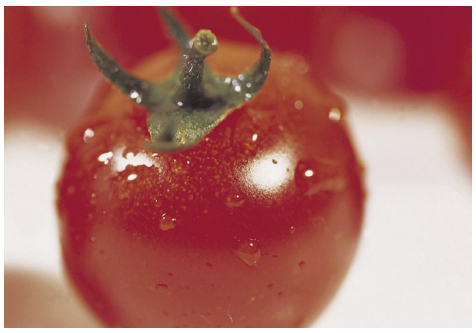

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David Emerson affair non-resident illegitimate MP

Emerson claims he is the best person for the job. But his job, first and foremost, is not to reach an agreement on softwood lumber, but to represent his constituents.

Emerson claims people voted for him as a person. But he had Liberal written all over his name during the election.

Emerson claims those who opposed his move are partisan zealots. But he was a proud Liberal zealot when it helped him to get elected.

Emerson claims the people he has spoken to since his move still support him. But he seems too keen to avoid meeting any of his constituents.

Yiman Jiang, Vancouver-Kingsway

Here is the letter I delivered to Stephen Emerson's office on March 16th. I have not yet had a reply.

Dear Mr. Emerson,

I am writing to you to request a meeting. I have been a resident of Vancouver-Kingsway for 28 years. I would like to have a chance to tell you in person why I think you ought to resign and thus pave the way for a by-election.

I was a 10-year-old child when we crossed the border, in the darkness of night, between Hungary and Austria on November 24th, 1956. We became refugees. Our father and mother, at the age of 46 and 37 respectively, decided to leave behind the security of their homes, loved ones, jobs and all earthly possessions in the hope of providing a better life for their two sons. 150,000 people made the same monumental decision during those weeks.

As Jews, our parents had lived through anti-semitism, fascism, the Nazi Holocaust and Communism.

In Hungary, under all regimes, everyone knew that politicians and governments lied, and that the news media was not trustworthy. People learned to read between the lines, indeed

From the first day that we arrived in Vancouver in February of 1957 my father had one mantra, "I have never felt so free in my whole life". He was 52 years old when he had the opportunity to cast his very first free ballot.

Our parents took the rights accorded to them by Canadian democracy very seriously, almost religiously. They never missed voting in elections... municipal, provincial and federal. They never took for granted their democratic rights, especially their right to vote.

My mother had muscular dystrophy. She was bed ridden for the last five years of her life, barely able to move her arms and limbs. But she never missed being taken by her sons to the ballot box.

In the name of our late parents and their commitment to and utter belief in the principles of Canadian democracy I shall continue to demand, as long as necessary, that you resign and enable a by-election.

Mr. Emerson, you chose to run on the platform of the Liberal Party, which included support for the Kyoto Protocol, support for a national child-care program and support for same sex marriage. The Liberal Party was also opposed to Canada's participation in the Iraq war and in George Bush's plans to militarize space through the missile defense shield.

During the election you eloquently delineated the differences between the Liberal and the Conservative agenda for Canada, and you repeatedly aligned yourself with the former. When you joined the Conservative Party, for what seems like the perks of office, you abandoned the political agenda you ran on, and you aligned yourself with a party that stands in stark opposition to the vision of Canada you purported to embrace as a Liberal candidate.

You thus betrayed the trust of the citizens who voted for you. You are sadly mistaken if you think that the majority of the people who voted Liberal in Vancouver-Kingsway were voting for you in person. They were voting for a set of priorities and principles that they thought you represented. To think otherwise is sheer hubris on your part.

But you didn't only betray those who voted Liberal in the last election. You betrayed all the residents of Vancouver-Kingsway, and all voting citizens across Canada, who by the sheer act of exercising their franchise demonstrated their continued faith in the democratic process. By your action, and your words in defense of your move, you made a game out of our democracy. Essentially your message is: values, principles and party platforms have zero meaning.

Switching from one corporation to another without accountability to the shareholders may be acceptable in the corporate world. It is, however, repugnant to the democratic process. Under the democratic system politicians only have a mandate through the confidence expressed in them at the ballot box. Presently you do not have the confidence of the voters of Vancouver-Kingsway.

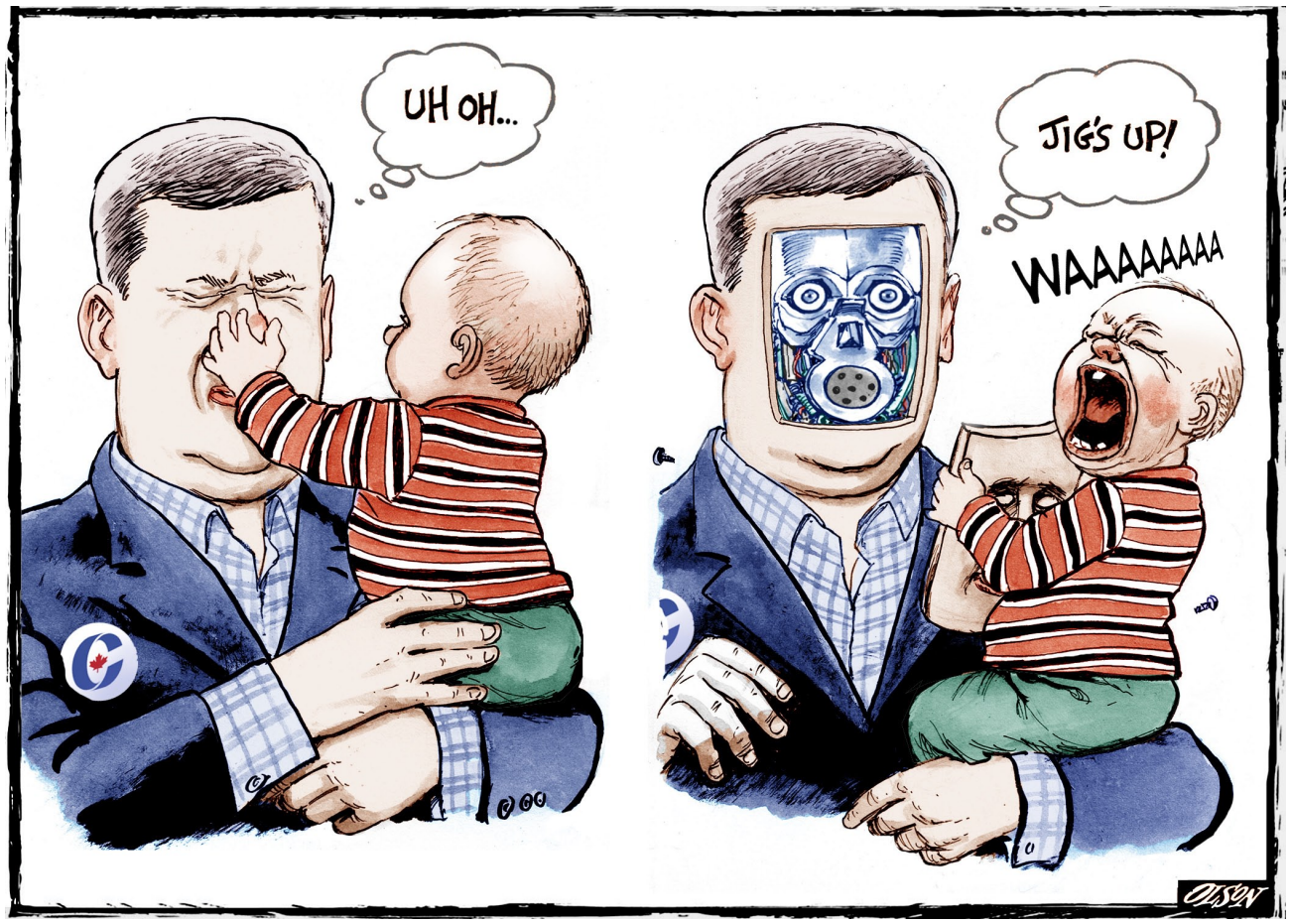
Mr. Emerson, you have already done much greater damage to our society than any good you could possibly generate for Canada as a Cabinet Minister. No business deal, not even your sudden settling of the softwood lumber dispute with the United States, is worth the level of cynicism your action has infused into our body politic.

Mr. Emerson, it is so obvious to so many that the only honourable thing you can do now is to resign and thus make way for democracy.

Please do not dismiss my concerns as that of a partisan zealot. That is simply inane. By using such dismissive terminology you simply display further disrespect for the citizens you are supposed to represent and you only malign yourself. I would be equally concerned had any Member of Parliament that purports to represent Vancouver-Kingsway done what you have done... regardless of their party affiliation.

As a resident of Vancouver-Kingsway I respectfully ask to have a meeting with you to discuss my concerns. Alternatively, I would be willing to discuss with you my concerns at a Vancouver-Kingsway Town Hall Meeting.

Sincerely, Janos Maté,
Vancouver-Kingway



Emerson's bait and switch is an insult to all Canadians regardless of riding.

The arrogance of the man.

His cronies say that we vote for the man, not the party.

Shouldn't we then expect the man not to follow party line and do the best for his constituents?

Not a chance!

To show our disgust for what he did, whenever we write emerson's name we should use a lower case "e" as a lack of respect for his actions.

I hope that your riding will be able to replace emerson with an "Honourable" Member to represent you.

Jack Roberts, Lanzville,
Vancouver Island

For further details and updating of actions go to the non-partisan websites www.walkfordemocracy.ca or www.realdemocracy.ca where many other websites are linked to. As well for a background on David Emerson do a search in the on-line encyclopaedia www.en.wikipedia.org

Raise a glass to BC's organic winemakers

by Marya Skrypiczajko

Rarely do I walk into a liquor or beer and wine store in BC and find a good selection of organic wines, which is odd, considering the boom in the organic food market. Now that there are so many more organic consumers, where are the organic winemakers to meet the demand?

Taking a closer look at the wine industry in BC, I find only a handful of certified organic wineries, and only a few more certified grape growers, but I do find that many small, conventional wineries are growing grapes and producing wines in a relatively similar fashion. Quite a few small, conventional producers embody the organic values of producing food in a way that is in-synch with nature, without chemical inputs. While this is healthier for both producer and consumer, at the same time, some producers are reluctant to obtain organic certification; in the event of a disease or pest attack, they feel they might have little choice but to use a chemical pesticide or fungicide.

Shopping for wine at a government-controlled liquor store is not the same as buying vegetables at a farmer's market. The wine producer is not on hand to answer consumers' questions, and employees, who are not up-to-date with the provincial wine market, cannot provide information about the wine, or the winery, beyond what appears on the label. Fortunately, the "certified organic" label offers a guarantee that the grapes have been grown according to organic winemaking standards, and produced in cellars that abide by the standards. Further, consumers can be assured that certified wineries are subject to audit at any time.

Let's take a look at some of the organic practices of BC's certified wineries in the Okanagan Valley. To begin with, growers choose varieties of grapes that are naturally disease-resistant and suited to the winery's microclimate. Also, from the outset, winemakers strive to create healthy and nutrient-rich soil for their vines. While these measures cannot entirely prevent pests or diseases, if an attack occurs, the organic winemaker would not turn to chemical pesticides or fungicides.

To discourage pest infestations, pest predators are encouraged to inhabit the vineyard or nearby land. For example, hordes of Virginia creeper leafhoppers often attack grapevines to feed on the rich juices of the leaves, weakening the plants. To lessen the damage, wild rosebushes may be planted in the area as habitat for a parasitic wasp that feeds on the leafhoppers. If this biological control is unsuccessful, the winemaker may eventually spray a non-toxic insecticidal soap on the underside of the leaves, where the leafhoppers reside.

> ***In BC, there are only a handful of certified organic wineries and only a few more certified growers.***

Fortunately, fungal disease is not too big a problem for the majority of wineries in the dry Okanagan. Nonetheless, efforts are made to manage the vines to further prevent growth of fungi. For example, vines are planted in sunny locations and the foliage is pruned hard to provide good air circulation through the vines.

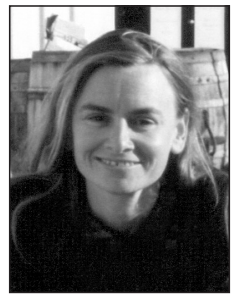
In Okanagan vineyards where the sandy soil drains quickly, some irrigation is necessary. To meet organic certification standards, the water must be tested every five years. Most winemakers, in addition to watering every two to three weeks during the growing season, work to increase the soil's water retention by regularly adding compost or by tilling under green manure cover crops. An infrequent watering pattern encourages deep, strong roots and stresses the vines to produce sweeter, less watery fruit.

After harvest, the organic grapes are stored and processed separately from non-organic grapes. If a winery produces both organic and non-organic wines, the entire facility must be cleaned before production of the organic wine begins. In the cellars, all equipment must be non-reactive, food-grade plastic or stainless steel.

While organic grapes are crushed and pressed similarly to conventional grapes, organic wine is left to ferment and develop flavour naturally. Conventional wine may also be produced naturally, or may include more than a dozen additives, such as synthetic yeasts, sulphite preservatives and taste and appearance enhancers. Natural, organic methods rely on cultured, not genetically modified yeast for initial fermentation. The wine sits for a number of months and the enzymes in the yeast continue to remove oxygen dissolved in the wine, thus creating a sulphite-free form of protection against oxidization. The sediment is later drained off and the wine sits for its second period of natural fermentation to soften the acidity of the wine and stabilize it for storage.

All winemakers agree that the work is detail oriented and challenging, but this is truer yet for organic winemakers, who do not resort to a chemical solution if a problem arises. Fortunately, we do have a few winemakers in BC, who put their time and money into organic certification, thereby offering us a guaranteed alternative.

Marya Skrypiczajko is the author of BC the Organic Way – Where to Find Organic Food in British Columbia. *www.bctheorganicway.com*



Thank you Marya

Common Ground extends a huge thank you to Marya Skrypiczajko for sharing her wealth of knowledge about organics in her regular, monthly column *The Organic Way*. While Marya will no longer be writing a monthly column for *Common Ground*, readers can look forward to her articles in future issues of the magazine.

continued from p.11

and End the Arms Race co-sponsor the Walk for Peace. 100,000 walked for peace making it the largest such event in Canada's history.

November 17, 1984: The referendum proposed by Mayor Harcourt in 1982 is put to Vancouver voters: "Are you in favour of Vancouver City Council asking the federal government to exercise its option under the Bilateral Agreement with the United States government to cancel any further testing of the cruise missile in this country?" The referendum received an 80 percent yes vote .

April 27, 1985: The Vancouver City Council and Vancouver School Board again sponsor the Walk for Peace.

1986: Vancouver is designated by the United Nations as one of 92 Peace Messenger Cities, asked to help promote peace worldwide.

May 1986: Vancouver City Council co-sponsors the International Conference on Risks of Nuclear War at the Orpheum Theatre with the Vancouver chapters of Science for Peace and Physicians for Social Responsibility.

April 11, 1989: Vancouver City Council voted to ask the Canadian federal government to declare the Port of Vancouver a nuclear weapons free zone.

April 20, 1991: Walk for Peace and Planetary Survival is sponsored by the city council, Vancouver parks and school boards, and End the Arms Race.

May 5, 2000: The Japan Peace Boat entered Vancouver with 600 international delegates, welcomed to the city by Mayor Phillip Owen.

August 5, 2000: Mayor Phillip Owen issued a proclamation commemorating the atomic bombing of Hiroshima in 1945, and calling for the abolition of nuclear weapons.

January 28, 2003: Vancouver City Council passed a motion opposing the proposed US war on Iraq and endorsed the protest march sponsored by Stop War.

October 21, 2003: Vancouver City Council urged the prime minister of Canada to sign the Space Preservation Treaty and to convene a conference for the treaty signing.

December 14, 2004: Vancouver City Council urged the federal government to refrain from participation in the ballistic missile defence plan or any initiative that would lead to the weaponization of space. Canada later rejected participation in the US-missile defence system. The City Council established the annual Vancouver Citizen's Peace Award.

March 31, 2005: Vancouver City Council agrees to host the 18th meeting of the UN designated Peace Messenger Cities approves a budget of $50,000 to host the visiting mayors, and approves up to $150,000 to support the independent World Peace Forum 2006. The motion passed unanimously.

June 23 – 28, 2006: Vancouver to host the World Peace Forum. For information www.worldpeaceforum.ca

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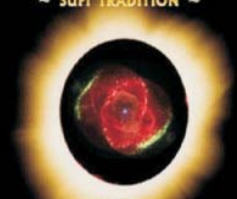

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VST

Suffering rooted in time

THE POWER OF NOW • *ECKHART TOLLE*

The belief that the future will be better than the present is not always an illusion. The present can be dreadful and things can get better in the future; they often do.

Usually, the future is a replica of the past. Superficial changes are possible, but real transformation is rare and depends upon whether you can become present enough to dissolve the past by accessing the power of the Now.

What you perceive as future is an intrinsic part of your state of consciousness now. If your mind carries a heavy burden of past, you will experience more of the same.

You may win $10 million, but that kind of change is no more than skin deep. You would simply continue to act out the same conditioned patterns in more luxurious surroundings.

Humans have learned to split the atom. Instead of killing 10 or 20 people with a wooden club, one person can now kill a million just by pushing a button. Is that real change?

Humans have learned to split the atom. Instead of killing 10 or 20 people with a wooden club, one person can now kill a million just by pushing a button. Is that real change?

If the quality of your consciousness at this moment determines the future, what is it then that determines the quality of your consciousness? Your degree of presence. So, the only place where true change can occur, and where the past can be dissolved, is the Now.

All negativity is caused by an accumulation of psychological time and denial of the present. Unease, anxiety, tension, stress, worry – all forms of fear – are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness and all forms of non-forgiveness are caused by too much past, and not enough presence.

Most people find it difficult to believe that a state of consciousness totally free from all negativity is possible. Yet, this is the liberated state to which all spiritual teachings point. It is the promise of salvation, not in an illusory future, but right here and now.

You may find it hard to recognize that time is the cause of your suffering and problems. You believe that they are caused by specific situations in your life.

Until you have dealt with the basic problem-making dysfunction of the mind – its attachment to past and future and denial of the Now – problems are actually interchangeable.

If all your problems were miraculously removed today, but you had not become more present and more conscious, you would soon find yourself with a similar set of problems, like a shadow that follows you wherever you go. Ultimately, there is only one problem: the time-bound mind itself.

You cannot believe that you could ever reach a point where you are completely free of your problems. You are right. You can never reach that point because you are at that point now. There is no salvation in time. You cannot be free in the future. Presence is the key to freedom, so you can only be free now.

You say, "I don't see how I can be free now. As it happens, I am extremely unhappy with my life at the moment. To me, the present moment is very unhappy; it is not liberating at all. What keeps me going is the hope or possibility of some improvement in the future."

What you refer to as your life should more accurately be called your life situation. It is psychological time: past and future. Certain things in the past didn't go the way you wanted. You are still resisting what happened in the past, and also resisting what is.

Hope is what keeps you going, but hope keeps you focused on the future. Forget about your life situation for a while and pay attention to your life.

Your life situation exists in time. Your life is now. Your life situation is mind-stuff. Your life is real. Find the "narrow gate that leads to life." It is called the Now. Narrow your life down to this moment.

Your life situation may be full of problems – most life situations are – but find out if you have any problem at this moment. Not tomorrow or in 10 minutes, but now. Do you have a problem now?

Adapted from The Power of Now, *copyright 1999 by Eckhart Tolle. Reprinted with permission of New World Library, Novato, CA, 800-972-6657 (ext. 52). www.newworldlibrary.com*

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SPIRITUALITY

What kind of energy are you putting into the world? We all have an energy field around us; it is an extension of the energy associated with our inner thoughts and feelings. You have, no doubt, had the experience of entering a room, or a home, where, just before your arrival, two people were in conflict. Although they may be smiling now, you can feel the tension in the air.

You may also know people who have "good energy." You always feel better after having spent time with them, and even speaking with them briefly can lift your spirits. They always seem to be happy, upbeat and positive.

Then, there are those whose energy feels very toxic. You may feel tense, unsettled, wary, distrustful and even physically ill around these people. Sometimes you may feel violated, especially if the person directs the energy toward you.

I believe we are constantly reading other people's energy, whether we are consciously aware of it or not. It is a built-in, instinctual trait. Others too, read, or feel, our energy. The climate in a home or office is the result of the combined energies of the people in the space.

Unfortunately, just as one oil spill can contaminate a huge expanse of ocean, one individual with negative, confrontational or toxic energy can contaminate an otherwise positive environment. Laboratory experiments have also shown that such negative energy can result in a suppression of the immune system in those subjected to it. Ongoing exposure to such toxicity can pose a health hazard.

This is a little like what happens with second-hand smoke. The individual with the toxic energy first compromises his or her own inner environment. If that person does not then take responsibility for the energy, and deal with it and transform it, the internal feelings of frustration, anger, annoyance or impatience are often directed toward others. Because we all have different levels of tolerance, it may be even more harmful to the recipients, than to the perpetrator.

Children are extremely sensitive to the anger, judgement and criticism of parents or teachers. Some individuals are powerfully affected, as a toxic outburst may trigger memories of difficult or traumatic events or circumstances in their past.

Historically, in our culture, we have not been terribly conscious of the effect of our energy on others. There seems to be a belief that if one is angry or frustrated with a store clerk, a child, a partner or a driver on the road, it is okay to vent those emotions. Justification for these "toxic spills" seems proportional to the amount of inner turmoil being experienced. This sounds dangerously like the abusive partner who says he would not have been forced to hit his spouse if she had not made him so angry.

This sounds dangerously like the abusive partner who says he would not have been forced to hit his spouse if she had not made him so angry.

The truth is we all must take responsibility for our own emotional ecology. We cannot blame others for the way we react. We must do our part to contribute to a healthy emotional climate, wherever we are. We can often diffuse the toxic effect of another's energy by refusing to engage with it.

Certainly, meeting the toxicity of another with our own toxic response is a recipe for disaster. It perpetuates a downward spiral from which there is no positive outcome. When this happens, the negative physiological effects are even more pronounced.

Our first task is to ensure that we maintain a healthy inner state. We do this by giving up all judgement, criticism, blame, gossip and negative thinking. We do this by giving ourselves other options besides choosing anger or frustration. We get our egos out of the way. Is this a tall order? You bet it is.

Once you make a conscious choice that you want to change, you can utilize techniques such as meditation to keep you balanced and calm. You can activate your inner observer, to gain awareness of your reactions.

Not only will you begin to clean up your little corner of the world, but you will also become a role model for others.

Gwen Randall-Young is an author and psychotherapist in private practice. For more articles and information about her books and CDs, visit www.gwen.ca (See display ad this issue.)

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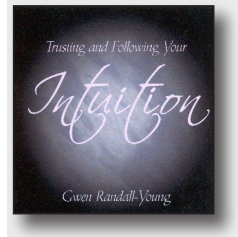

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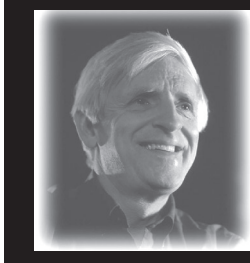

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Canada's 2006 food guide

NUTRISPEAK • *VESANTO MELINA MS, RD*

This fall, Health Canada will publish a new, updated food guide. In April, the ministry hosted events across the country for stakeholders, which presumably means anyone who eats, and I was pleasantly surprised to find that it had not been referring to steakholders. The proposed guide shows much more allegiance to health than its American counterpart (published by the US Department of Agriculture), which caters even more to the interests of agribusiness.

Representatives of the industry – from Soyaworld to dairy foundations – as well as environmentalists, agriculturalists, vegetarians, dietitians, health professionals and the general public attended the Vancouver event. Over the last four years, members of these groups have all provided input into the revised guide.

A food guide has the near-impossible mandate of translating data about food requirements – protein, fat, carbohydrates and about 30 minerals and vitamins – into various food groups, and condensing it to fit on a single page. Of course, the translation will be markedly different for cultural groups, whose origins are Inuit, Asian or Hispanic. (See international food guides at www.senba.es/recursos/piramides/pictorials_nutrition_guides.pdf)

The first food guide to emerge in North America, *How to Feed Children*, was published in 1916 and consisted of five food groups: 1) Meat and milk; 2) Breads; 3) Vegetables and fruits; 4) Fats; and 5) Sugars. Subsequently, from US president Herbert Hoover's campaign promise of "A chicken in every pot..." to the realities of having enough food to eat during the Depression years, both the form and content of the guides continued to shift. By dividing vegetables and fruits into four subgroups, and meat and milk into four subgroups, including eggs and beans, peas and nuts, the guides identified between seven and 10 food groups.

In July 1942, Canada introduced its first food guide, *Official Food Rules*. While acknowledging wartime food rationing, the guide endeavoured to prevent nutritional deficiencies and improve the health of Canadians. In 1961, *Rules* outlined five official food groups. Since 1977, Canadian food guides were simplified to a four-food-group system. Two, milk and milk products, and meat and alternates, were featured foremost. In 1992, breads and cereals along with vegetables and fruits became more prominent, reflecting advances in nutritional science and a growing concern with our fatty diets.

In the '40s and '50s, no one thought twice about the Canada food guide's claim that dairy products – cow's milk, cheese and ice cream – were essential to good health and the cornerstone of a "balanced" diet. Never mind that this guide was the ultimate marketing tool for the dairy industry. The focus then was the prevention of dietary deficiencies, rather than obesity, and dairy products were viewed as nature's perfect food. And not just for young calves that needed to gain weight fast, but for humans of all ages.

Our perspective then was also far less multicultural than it is today. Otherwise, the wisdom of designating a food as essential that was linked to lactose intolerance for 70 percent of the world's population – including First Nations, Asians, Africans and Hispanics – would have been called into question. Today, it would be unthinkable to insist that everyone drink innumerable glasses of milk every day (or consume milk products), when milk sugar causes so many people the discomfort of gas, bloating and abdominal upset.

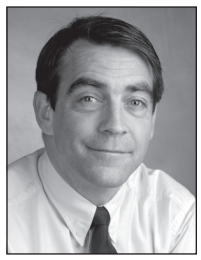
Vesanto Melina is a registered dietitian and the author of seven classic books about food and nutrition, www.nutrispeak.com. To book a personal nutritional consultation, call 604-882-6782 or email vesanto@nutrispeak.com

New food guide reflects healthy alternatives

For the first time, we may see fortified soymilk as an alternative in the milk products group, an acknowledgement that people do not need to consume dairy products to obtain essential nutrients. We can't yet expect to see kale and calcium-set tofu featured as alternative sources for calcium, however, but one non-dairy option in this group is a start.

In the meat and alternates category, the alternates are gaining recognition, and not just fish, but also beans, tofu, nut butters and nuts. The plant foods listed are excellent sources of fibre and a huge factor in our bodies' capacity to maintain blood sugar levels. Nuts and seeds turn out to be two of the best sources for dietary fat; they are not linked to obesity and are an important source of vitamin E, trace minerals and omega-3 fatty acids.

To follow the process and history of Canada's food guides, visit www.healthcanada.ca/foodguide/ Email comments to food_guide_revision@hc-sc.gc.ca



Allergies getting you down?

DRUG BUST • *ALAN CASSELS*

If a drippy nose, itchy eyes and bouts of sneezing are getting to you, join the club of suffering folks heading to the drug store for the latest in fast acting, non-sedating pharmaceuticals. There are a million products to choose from that contain antihistamines, decongestants, and steroids, or mixtures thereof, all designed to stave off the worst that allergy season throws at us. The plethora of products is surely one sign that medicating our allergies is on the verge of becoming one of the fastest growing spring activities.

One problem with the way many of us gleefully enter into some form of relationship with pharmaceuticals, to protect ourselves from ugly allergy symptoms, is that we do so in a state of blissful ignorance. I mean, do we really know what's in that stuff that we're compelled to squirt up our noses?

You might argue, "What's the big deal?" given that these are allergy medications, most of which are sold (over the counter) OTC and probably a lot "safer" than the drugs prescribed by your doctor. While this column doesn't have the space to examine the nuance of classifications between "prescription only" drugs and OTCs, which you can grab by the armload from your local pharmacy, suffice to say that any drug taken in great quantities needs to be packaged with at least some level of "informed consent," regardless of how it is dispensed. Here are a few pointers to help ease your way through a pharmafun allergy season:

1) Isolate the problem. Always try to avoid the underlying cause of your allergy, if you know what it is. If you are allergic to cats, try to avoid them like the plague. This is difficult to do, however, because cats are statistically more attracted to people who have cat allergies, than to those who aren't. Scientists think it is because people with cat allergies have warmer laps than others, but this has yet to be empirically verified. If your friends have cats and you want to visit, tell them to air the felines (throw them outside) before you arrive. Open a few windows, that sort of thing. On the other hand, if you don't know the cause of your allergic reactions, and you've ruled out the likely seasonal culprits – pollen, dust or grass clippings – you may need to see an allergist to help determine the cause. An allergist can determine, using skin patch tests, whether you have allergies to certain foods. Unfortunately, however, an allergist, even after sending you home with an excruciatingly long list of foods to avoid, may be unsuccessful in pinning down the problem. That's right. Consume nothing but tofu and water and you could still be drippy, sneezy and itchy.

2) Avoid combo products. No doubt if your allergy is due to something that you really can't avoid, such as being outdoors in spring, you will likely find yourself diving straight for the pharmacy shelves for some product to control the symptoms. Be warned: this is likely to be a disorienting experience and a bit of a minefield. A lot of OTC allergy medicine comes in combination products – different shapes, different sizes, different prices and so on. If you can, try and stick to single-ingredient versions of products, a principle that applies to much other drug-taking activity as well. Nowadays, pharmaceutical companies are making more and more combination products, but we savvy consumers, whenever possible, should avoid this "shotgun" approach. Think of your drug as a sushi roll. If something goes wrong, and it often does, and you find yourself reacting adversely to a combo product, you won't know if it's the wasabi, the shrimp, the tobiko or the Japanese mayo that is to blame.

As with any drug regimen, the key to avoiding adverse effects is to start low and go slow, "dose-titration" as the medical-types call it. Don't go rushing for maximum doses every hour.

3) Go low and go slow. The most common thing you'll be looking for to treat your allergic symptoms is an antihistamine, such as diphenhydramine (the main ingredient in Benadryl) chlorpheniramine, brompheniramine, pheniramine and clemastine. With these older antihistamines, the most common side effect is drowsiness, so take care in operating that fax machine or keyboard. Seriously, driving a car or operating a 500-tonne crane is not a good idea when you are under the influence of an antihistamine. As with any drug regimen, the key to avoiding adverse effects is to start low and go slow, "dose-titration" as the medical-types call it. Don't go rushing for maximum doses every hour, as you may be subjecting your system to serious overkill. You should do this every time you decide to take a drug: take it in the lowest, effective dose that works for you. Why? Because everyone is different. What "works" for

continued on pg.38

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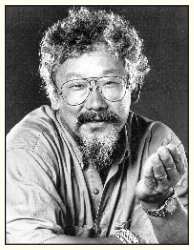


Sexy squirrels

SCIENCE MATTERS • *DAVID SUZUKI*

A recent publicity stunt by an Ontario politician to tar his opponent for spending money on "squirrel sex research" may have made good media gossip, but it shows a shockingly poor grasp of science.

Ontario's conveniently named Progressive Conservative leader John Tory made front-page news when he demanded that Premier Dalton McGuinty stop wasting taxpayers' money on flying-squirrel sex research. Calling it both "inexcusable" and a "boondoggle" in a news release, he demanded that the premier rein-in his "reckless" spending.

Well, I don't know much about the premier's fiscal management, but a quick look at the scope of this research finds that it's money well spent. Contrary to Mr. Tory's claim, the research is not about sex habits, but rather "reproductive fitness" – that is, the species' ability to successfully reproduce.

The study, conducted by Laurentian University Prof. Albrecht Schulte-Hostedde, was actually funded through an award, originally established by Conservative premier Mike Harris for research excellence. The proposal went through several screening processes by independent experts, and was also funded by the Natural Sciences and Engineering Research Council of Canada.

So did Dr. Schulte-Hostedde pull the wool over everyone's eyes? Were all these experts fooled by research that is surely very silly?

Hardly. Consider the lead paper published in the top-tier journal Nature on March 30: Proteome Survey Reveals Modularity of the Yeast Cell Machinery. Not as funny as squirrel sex, but equally obscure. Perhaps it would have failed Mr. Tory's silly screen as well. But since when did politicians get to decide what makes good science?

> ***In spite of global warming, the scientific climate in the US is pretty chilly right now. Scientists there have accused the Bush administration of censorship, fiddling with findings and hindering research. Are these the sorts of things we'd like to import into our country?***

Fortunately, they don't. Or, at least, they shouldn't. In the case of the flying squirrels, the research is actually critical to helping us understand how species are affected by climate change.

Very few such long-term studies exist, and flying squirrels are perfect candidates. As an "indicator" species, they tell us something about the health of the overall ecosystem. If climate change is harming the squirrels' ability to reproduce, it's likely that other species are having difficulties as well. And that could have implications throughout the food chain.

Not all science has an immediate practical application. In fact, most of it does not. Two of the biggest problems facing the future of science are reduced public interest and lack of funding for basic research.

Few researchers, and even fewer funders, are interested in basics like taxonomy that have little profit motive when the big money is in things like biotechnology and pharmaceuticals.

However, everything we know is grounded in basic research. When we don't cover the basics, we hobble in our ability to understand our world.

Science does not progress in an easy, linear fashion. It's not like you have an idea, set up an experiment, prove your theory and then cure cancer. In science, you learn as much from your failures as you do from your successes.

Every paper, every theory and every experiment builds on those that came before. As Sir Isaac Newton and other scientists have said, we're all standing on the shoulders of giants.

ENVIRONMENT

Political interference in science is a big problem. In spite of global warming, the scientific climate in the US is pretty chilly right now. Scientists there have accused the Bush administration of censorship, fiddling with findings and hindering research.

Are these the sorts of things we'd like to import into our country? Do we want people who have never peered into a microscope to decide what "good" science is?

I think not. Research independence is critical to the advancement of science. If it were left to the politicians' flavour-of-the-month whims, we'd still be in the dark ages.

Join the Nature Challenge and learn more at www.davidsuzuki.org

Jane Jacobs defended Eagle Ridge Bluffs

by Charles J. Walter

Urban planning visionary Jane Jacobs, 89, died in Toronto on April 25. CBC Radio paid its respects to the Order of Canada recipient all day long with quotes and music in her memory.

Jacobs was an author of such books as *The Death and Life of Great American Cities* and one of the greatest urban planners of the 20th century. She is credited with saving New York City from the post-WW II big highway development binge of the '50s and '60s. Seattle did not listen to her and is regretting its decision to cut off its waterfront with six lanes of concrete.

She saved Vancouver as she spurred on a bright group of planners from UBC. Families and community activists who listened to her reasoning saved Vancouver's waterfront and created urban livability. That civic highway fight was fierce. Those '60s activists are today's virtuous elders and thanks to Jane Jacobs, Vancouver ranks consistently as one of the top three most livable cities in the world.

Jacobs made one last plea in her final days. She asked all those who would listen, to help the community at Eagle Ridge Bluffs in West Vancouver halt the overland highway construction and environmental disaster that is threatening. She supported a tunnel.

Whereas in the '60s it was the likes of the New York Port Corporation leading the highway-mania-at-all-cost campaign, in today's Vancouver it's the 2010 Olympics and multi-billion dollar land interests that are the driving forces behind BC's headlong charge to the development garbage heap.

The Eagle Ridge Bluffs area is immediately adjacent to Horseshoe Bay and gateway to the Sunshine Coast, Vancouver Island, Squamish, the Pemberton Valley and of course Whistler Mountain. Eagle Ridge, an area of extraordinary beauty and environmental importance, is also being strategically challenged because it is the end of the Trans-Canada Highway.

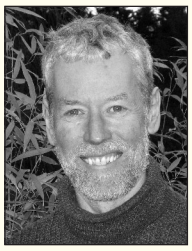
What Jacobs so gallantly called to our attention in her last days was the failure of regional planning when highway construction destroys communities and environments. West Vancouver pleaded with the government of British Columbia and launched a legal challenge to an open cut versus a tunnel. Victoria could save the bluffs and wetlands and do something great for the future while Vancouver and the Whistler gear up for their biggest moment yet; the Winter Olympics. Huge amounts of tax money is being spent to make 2010 a success and the grim determination of the highways minister knows no limits before the altar of international glory and success. One might say hubris knows no bounds when challenged by community and one of the greatest community thinkers of our time.

What Jane Jacobs saw so clearly and wisely back in the '60s was that if you destroy one community you also start destroying your neighbouring communities and the effect can reach well beyond the immediate area. Planners make horrible mistakes when they don't listen to the community. Look at Detroit, then take a look at New York. Which of the two cities, if you had a choice, would you want to live in?

Ever tough-minded Highways Minister Kevin Falcon says the overland route through these extraordinary wetlands and bluffs is really a matter of cost. Contractors say they will build "environmental crosswalks" for the rare amphibians in the wetlands so they can avoid being run over. The tunnel, Falcon says, is going to cost more to build than it would to blast through the bluffs.

> ***In April, she tried again with all her strength, one last time, to stop urban destruction of the Eagle Ridge Bluffs.***

A counter analysis by professionals within the community say the dollar difference is negligible. Further, if the



Can we prevent cancer?

EARTHFUTURE • *GUY DAUNCEY*

That's a very big question. In 1900, one in 25 Canadians got cancer during their lifetime. By the 1950s, it was one in 10. By the 1970s, it was one in four. Today, it's almost half. These are scary numbers.

As CBC *Marketplace* co-host Wendy Mesley recently asked in the March 5 segment, *Chasing the Cancer Answer*, "What are we waiting for – for 100 percent of people to get cancer?"

The general opinion among cancer societies worldwide is that cancer is caused mostly by smoking, over-exposure to the sun's UV rays, alcohol consumption and poor diet – our personal "lifestyle" choices – and that only a small percentage of cancers are caused by environmental or workplace pollution. To justify their conclusion, they refer to a now discredited 25-year-old study conducted by British scientists Richard Doll and Richard Peto.

Despite cursory updates in the 1990s, this 1981 study established the basis for the way the world thinks about cancer today. It is the rationale for why so much of the money raised is spent on the search for a cure, rather than on eliminating the causes.

It is a very convenient conclusion because it means that we do not need to ask difficult questions about the growing number of hazardous chemicals to which we are exposed. When Wendy Mesley, who has breast cancer, was tested for her "body burden" of cancer-causing chemicals, lab results showed that she had 45 carcinogens in her blood sample. The blood of a typical newborn baby's umbilical cord contains 200 man-made chemicals. This can't be good.

Doll and Peto's study may have been good for its day, and the smoking issue remains paramount, but by today's science, the rest of their research should be relegated to the back shelf of the library. Their analysis of occupational cancers, for instance, failed to consider anyone over the age of 65, which is strange, considering that workplace-related cancers take 30 or 40 years to materialize.

The old assumptions about cancer also ignore some very important factors: the way in which toxins work together in our bodies, crucial periods of vulnerability, such as puberty and pregnancy, and the special qualities of fresh, organic food, which may be critical to defeating cancer.

Prevent Cancer Now, a new, Canadian, non-profit organization, with which I am involved, launched in Ottawa at the end of April (www.preventcancernow.ca). Our purpose is to build and sustain a Canada-wide movement that will generate both the resolve and the action required to eliminate all preventable causes of cancer.

How could we do this? Canada could, as Sweden has done, make a commitment to phase out all hazardous chemicals by 2020 and develop a national strategy to develop non-toxic systems for green, sustainable production.

Canada could, as Massachusetts has done, introduce a toxics use reduction act, requiring companies to develop plans to reduce their use of toxic chemicals. As a result of the act, the use of toxic chemicals in Massachusetts was reduced by 40 percent between 1990 and 2000, and toxic releases in the environment were reduced by 90 percent.

The old assumptions about cancer also ignore some very important factors: the way in which toxins work together in our bodies, crucial periods of vulnerability... and the special qualities of fresh, organic food, which may be critical to defeating cancer.

Canada could, as Ireland and Scotland have done, ban smoking in all enclosed public places, right across the country.

Canada could, as California has done, make the labeling of carcinogenic chemicals in consumer products mandatory.

And we, as concerned citizens, could demand these kinds of changes.

There are many events that raise millions of dollars to help find a cure for cancer, but to my knowledge, only one focuses exclusively on cancer prevention.

At the end of May, Prevent Cancer Now is organizing the 2006 Run, Walk & Roll for Cancer Prevention in Ottawa, London, Windsor and Victoria to raise funds for the new organization and for a national cancer prevention conference in April 2007.

Many people are taking part, including myself and we need sponsors. Go to www.stopcancer.org/rwr06 to click on donate. An income tax receipt will be issued for contributions of $20 or more.

We need your help to prevent cancer.

Guy Dauncey is currently finishing a new book entitled Cancer: 101 Solutions to a Preventable Epidemic. *He serves as a board member for Prevent Cancer Now and is president of the BC Sustainable Energy Association.*

difference is only money, the last federal Liberal government said it would pay the difference. Falcon did not take up this generous offer. Ottawa of course, having responsibility for the Trans-Canada Highway, major subsidies for BC Ferries and a big chunk of the 2010 Olympics, understands its responsibilities in the matter. The western terminal of Canada's Highway 1 is becoming a 15 km parking lot from the Capilano River to Horseshoe Bay, each and every long weekend and throughout the summer tourist season.

There are also the safety issues of Highway 1 being used as a parking lot and air pollution from the thousands of stranded vehicles breaching air quality guidelines, core federal responsibilities.

What this comes down to is part of the International Olympic Committee's development agreement with BC and Canada wherein it clearly states the Games are "not to destroy community and environment" by expedience and Olympic development zeal but to enhance community quality of life. We can choose to make these the greenest Games ever.

Many people in the prosperous and well-educated community of West Vancouver have stepped up and are prepared to commit acts of civil disobedience to protect their neigbourhood. However, the broad middleclass concern of the Greater Vancouver region for its neighbours in West Vancouver is found wanting.

Vancouver is happy with all the Olympic benefits and Whistler is beside itself with glee. They're a privileged lot out there up on those West Van hills, people say.

No matter that huge support for saving Burns Bog was centred in West Vancouver.

No matter that it was the same class of Vancouverites who fought to save East Vancouver from the '60s waterfront/highway development madness.

No matter that many wise and wonderful people from West Van fought for years to help the Haida save South Moresby as a UNESCO World Heritage site.

The environmental, community and planning importance of Eagle Ridge raises the brilliant spirit of Jane Jacobs to make one last plea for community and the environmental integrity of the Eagle Ridge Bluffs in the face of unnecessary highway construction and social disruption.

No matter what, the highway opponents are here to teach a lesson in what is right for families and community and what is not and simply ugly. And the rest of the Greater Vancouver communities stand by to watch as reasonable caring families and their kids, to protect their community and the rest of the GVRD, put their bodies in the way of poor, out-dated planning with minimal community input.

It took great courage and miraculous tenacity for Jane Jacobs to save New York and Vancouver 40 years ago. In April, she tried again with all her strength, one last time, to stop urban destruction of the Eagle Ridge Bluffs.

If only the city of Seattle had listened? If only Victoria will listen in time? It's really a question of defending community and environment. Let's respect the wisdom of our elders such as Jane Jacobs and UBC's Walter Harwick.

Even Premier Campbell is a former mayor of Vancouver, has a degree in urban land economics, and knows better than most how easily a great city can be destroyed by poor planning. Campbell has sold BC to the world for 2010. Let's not also sell out our great urban legacy as one of the top three most livable cities in the world. Thank you Jane Jacobs.

www.cbc.ca/story/canada/national/2006/04/25/jacobs060425.html

www.eagleridgebluffs.ca

Spread the love – Volunteer

by Helen Shelton

Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go.
– Mother Teresa

Almost 10,000 organizations in Vancouver need our love right now. As governments continue to cut back on funding, non-profit organizations of all stripes must rely more and more on people's willingness to share their time and skills with others who are less fortunate.

I discovered this startling fact during my quest to find an organization to which I could donate some of my own time. I knew that I wanted to help others, but I didn't know who, or how, to help. Overwhelmed by the available opportunities, and anxious to make the right decision, I sought help from Shirley Weir, director of communications for Volunteer Vancouver (www.volunteervancouver.ca).

"First, take a look inside you," Weir urged. "What are you passionate about?" She recommended making a list of all the things that really make you tick. Are you a people person or fanatical about organizing? Do you love the outdoors or prefer to be inside? After all, if you enjoy the work, you'll be more productive.

"Then, look at your skill-set, your experience and what you have to offer," Weir encouraged. As an example, she recalled the assistance given to the tsunami victims in Asia. The Canadian Red Cross appealed for experienced fund managers to deal with the large sums of money being donated. They also recruited public relations experts to help manage all the television crews camped out in their parking lot.

"Be really clear about what it is that you're expecting in return," Weir continued. "It may be that you'd like the work to help secure employment." Amanda Hathorn is training to become an ESL teacher and helps out at her local language school. "This not only gives me experience and helps with my training course, but it may lead to a job after I've qualified," Hathorn said.

If sharing your skills and experience motivates you, the upcoming World Peace Forum (www.worldpeaceforum.ca) could be right up your street. In late June, Vancouver plays host to a week of music festivals, exhibitions, conferences and a peace walk. "The theme is for cities and communities to work together to end war and build a peaceful, just and sustainable world," explained Linda Shuto, volunteer coordinator for the forum. "This is a citizen's initiative, and so we are relying on the kindness of volunteers to help make this happen. We need people with all kinds of experience, from [fulfilling] leadership roles to technical support, communications to administration, and first-aiders to marshals. Anyone is welcome to apply, even if you don't have experience."

Of the 1.5 million volunteers in BC aged 12 to 100, one of the largest age groups is the under-25s. "They're energetic, talented and an excellent resource." **– Shirley Weir, Volunteer Vancouver**

Alternatively, some organizations require rather unique donations, such as the BC Women's Milk Bank (www.bcwomens.ca/Services/PregnancyBirthNewborns/HospitalCare/Breastfeeding). Through donations to the milk bank last year, breastfeeding mothers provided pasteurized breast milk to more than 250 high-risk and ill children. Donors, who go through a careful screening process to ensure that they and their babies are healthy, immediately freeze any excess milk. At the hospital, the milk is pasteurized and fed to babies whose mothers are not able to provide any, or enough, breast milk.

Another aspect of volunteering is the acquisition of new skills that one doesn't have the opportunity to learn in a typical day job. As an example, Weir noted that an accountant might be interested in marketing. Finally, it could simply be a way to meet new people, and as a newcomer to Vancouver, this really appeals to me.

You could become so motivated by the cause you are working for that you may want to set up an organization yourself. Take Harreson Sito, who, disillusioned with his career in information technology, quit to find something more fulfilling. "I didn't know exactly what I wanted to do, but I knew it had something to do with helping people," Sito explained.

After soul searching his way through environmental campaigning and holistic therapies, Sito was inspired by his yoga teacher, a single mother of two. "Children are precious," Sito said. "Mothers are the roots of society and they sacrifice so much for their children. I always wondered who looks after them."

Sito soon founded the Single Mothers Support Network (www.singlemotherssupportnetwork.org) to provide free holistic treatments, such as massage, acupuncture and reiki "to help moms and dads to recharge their batteries." Sito, who runs the network from his cosy apartment above his family's café, the Kitsilano-based Flying Swan, exudes an aura of calm and peacefulness – the aura of someone who has found his true vocation in life: "I guess this is what I'm here to do," he acknowledged. Inspired by Sito's dedication, I've signed up to offer his members free reiki treatments.

Whatever it is that motivates us to help others, the facts are clear. According to Statistics Canada, 20 percent of Canadians contribute over one billion hours annually, the equivalent of 500,000 full-time jobs.

The field of culture and recreation is the leading beneficiary of volunteer time, followed by social services, religion, education and research. Literally running for a cause is also a popular way to contribute to a charity. The annual Run for the Cure attracts over 27,000 British Columbians to donate their time to raise funds for the Canadian Breast Cancer Foundation.

So why are Canadians so generous with their time? "The people I meet have a genuine and sincere wish to contribute to their community," Weir noted. "They all have a desire to make the world a better place to live, or a better place for future generations…"

According to Janice Poehnell, a facilitator for a grief support network at her local hospital, "It's great to be able to really make a difference. I sometimes think that my life sucks, until I hear some of the awful things that have happened to others." Working for the organization has also encouraged Poehnell to re-evaluate and improve her relationship with her family. She no longer takes anything for granted. "I don't sweat the small stuff anymore," Poehnell asserted.

Of the 1.5 million volunteers in BC aged 12 to 100, one of the largest age groups is the under-25s. "They're energetic, talented and an excellent resource," Weir said. "And they have the time, but they want to donate their time quite differently to the way people have done so in the past. They're more interested in developing your website strategy than stuffing envelopes."

Newly retired baby boomers also volunteer in great numbers, offering a wealth of knowledge, experience and expertise. "They have a long list of things that they want to do in their retirement, such as golf and vacationing, but it might also involve contributing to a community," Weir said. "They might help with strategic business planning and then leave to go onto the next part of their retirement plan."

Volunteer Vancouver is campaigning to change the definition of volunteering. The organization believes that many of us give our time freely without even realizing it. "Everyone has their own definition of volunteering, and to me, it's giving your time and talent without asking for any payment in return," Weir explained. "It can be three days a week or 20 minutes a year. Everyone can make a difference by planting flowers at the end of the street, coaching your son's soccer team, or taking your neighbour shopping."

For volunteer opportunities in BC, visit www.govolunteer.ca or www.volunteervancouver.ca/new/vol_vancouver.asp

Originally from the UK, Helen Shelton has lived, worked and written her way around the world. Email helencshelton@fastmail.fm

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I believe that the time has come for all of us to examine the conclusions that our authors reached, and to come to an understanding of how we can help to effect societal change by changing our own individual outlook. (Books available on the market or at libraries.)

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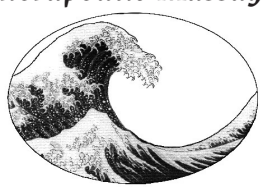

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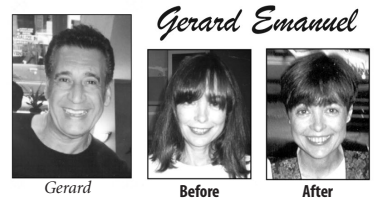

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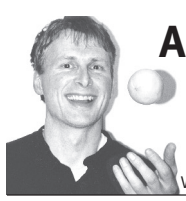

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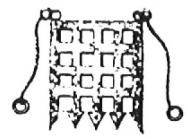

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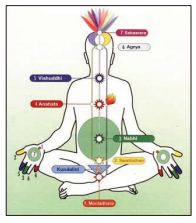

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May: Cob Wall and Bench Workshop: Learn Cob basics in a Vancouver setting. July: Learn Cob basics or further develop skills. $200 per workshop. Steve, (604) 874-1369.

MAY 21
DRU Yoga Workshop, White Rock - Stillness in Motion: Kent Street Activity Centre, 1475 Kent Street, White Rock, 604-936-3255, canada@druexperience.org $45/advance, $50/door plus GST.

MAY 26
Introduction to Foot Reflexology commences Certificate Weekend Course. Intro, $10, Course $295, Pacific Institute of Reflexology, 604-875-8818.

MAY 27-28, JUN 3-4
Learn to Unwind the Belly with Chi Nei Tsang: Level 1A & 1B Workshops. CNT (chee-nayt-song) releases, transforms, and invigorates the core. Contact Maryanne 1-866-862-4784 or maryanne@maternalsource.com

MAY 27-28
Crystal Singing Bowl Workshops: Learn the essentials of how to play, to the varied uses. Day 2 focuses on healing techniques and applications. $125/day. www.sacredsound.ca 604.781.5554.

MAY 28
Healing class @1pm. Monday, May 29th@ 7pm, Meditation class. Psychic readings available. Also available by donation: psychic demo, meditation hour and aura healings. CDM Psychic Institute. #202-1114 W. Broadway, 604-730-8788. www.C-D-M.org

JUN 1
Come Meet Amma (the Hugging Saint from India): Free public program in Seattle, followed by retreat at PLU: Seattle Center Fisher Pavilion, 305 Harrison Street, Seattle, Washington, USA. Call for more information 1-206-799-6846 or www.amma.org

JUN 1-4
BodyTalk System Training. Learn advanced energy medicine. Suitable for medical professionals, energy workers, parents and those in career transition. Payment Plans available. Call 778-389-7909. www.bodytalkvancouver.com

JUN 2-4
Creating An AWEsome Life – Join inspiring theologian Matthew Fox for an intimate workshop on the awesome potential of your co-creative life. Can. Memorial Centre for Peace, registration $199 through Banyen Books, 604-737-8858. info@EarthRevival.org

JUN 3-4
Development of Middle Way Philosophy of Buddhism in India and Tibetan Interpreters. Jim Blumenthal, PhD, at Zuru Ling, 318-336 1st Ave. 10am-12:30pm and 2-4:30pm (breaks). $20/session, $70/full weekend. 604-738-3256. Clear, profound overview. All welcome.

JUN 3-4
Animal Voices Film Festival celebrates the animal kingdom and explores the use of animals in factory farming & entertainment. Films include the Canadian premiere of Howard Lyman's Mad Cowboy and The Emotional World of Farm Animals. H.R. MacMillan Planetarium, Day pass/$6, schedule & sponsors at www.animalvoices.org/filmfest, 604-924 4966.

JUN 9-11
Experience Gaia more deeply: World-renowned geomancer, artist, spiritual teacher Marko Pogacnik's first visit to Vancouver. Public presentation, weekend workshop – field trips, discussions. www.markobc2006.com 604-268-6208

JUN 9-11 OR JUN 16-18
Shiva Yoga Retreats in Paradise Valley, Squamish. Yoga & Meditation for Beginners to Advanced. Retreats led by Padma of Sivananda Ashram, Rishikesh, India. Cost $349. Call 778-229-7550. www.shivayogaretreats.com Email info@shivayogaretreats.com

JUN 11
Crystal Singing Bowls: Experiential session. Deeply relaxing, restorative and therapeutic. Experience the sacred, evocative sound. 7pm. 1718 Marine Dr., #1 West Vancouver. Ph: 604 781 5554 www.sacredsound.ca $10.

AUG 14-19
"Living in Delight" Imagine the gift of a week-long gathering devoted to expanding your unique wisdom and bliss: 12th Annual Women's Crescent Moon Retreat, Cowichan Lake, BC, www.pwcacamp.org 604-433-8817 or 250-386-9530

OCT 27-29
Electromagnetic Fields workshop: Identify and solve electromagnetic field problems; bioeffects, symptoms. Certificate. For professionals and laypersons. Outline: www.essentia.ca. (888) 639-7730. Attractive early registration discounts.

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The Centre for Spiritual Living uniting the world in love. Inspired by the teachings of Deepak Chopra and Louise Hay? You'll love our Sunday services, 11 AM. Children welcome. 1495 W. 8th Ave., Vancouver, 604-321-1225. www.cslvancouver.com

International Spiritualist Alliance: #201-317 Columbia Street, New West (Downstairs) 604-521-6336. Sunday services, 11am. Rev. Joyce Tarvin, 604-433-6663. See Resource Directory. www.isacanada.ca

TUESDAYS

Pranic Healing Clinics: Non-touch energy healing. By donation. Tuesdays 11am – 3pm and 6-9pm. 2950 Laurel St, Vancouver. Closed last Tuesday of month. 604-988-1102. www.pranichealing.ca/vancouver

Reflexology Student Clinic sessions, only $18. Evenings only. By appointment. Pacific Institute of Reflexology. 604-875-8818.

WEDNESDAYS

Hawaiian Healing Night: 7 pm. Hawaiian guided meditation, Sharing the Aloha and snacks afterward. Meet like-minded people and share. $5 donation. At Hale Ola, a place of Healing, 1215 Madison Ave., Burnaby. 604-431-7474, Kaimana and Moanikeala.

Meditation & Self-inquiry: Have you lost the balance and rhythm in your life? Let stillness (through self-inquiry) return your wholeness. 5-7pm. 604-317-1613.

Children of War fundraiser: Chai Gallery at East is East hosts a fundraiser for Children of War (www.thechildrenofwar.org) featuring local musicians & traditional dancers. Every Wed. evening, 7:30pm – 1:30am, 3243 W. Broadway. Tickets at door or call 778-837-1862. By donation.

THURSDAYS

Pranic Healing Clinic: Non-touch energy healing. By donation. West Vancouver United Church, 2062 Esquimalt Ave. Thursdays 10am – 2pm. Closed last Thursday of month. 604-988-1102. www.pranichealing.ca/vancouver

ONGOING

Free Meditation Workshop: Experience Kundalini awakening through Sahaja Yoga, as taught by Shri Mataji Nirmala Devi & enjoy your Powers at our Weekly classes, always free and open to all. 604-597-8440. www.sahajayoga.org

Walk for Peace at St. Paul's Labyrinth, second Friday of each month, 7-9pm, 1130 Jervis Street (at Davie), 604-685-6832(x17). Re-creation of a 12th century labyrinth. Add your hopes and prayers for world peace

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Matthew Fox cont'd from p.9

recycle chaos. The creative process is often a passage through chaos. If all are artists, then all can expect chaos.

5. Compassion: There is universal agreement from all the world's wisdom traditions that compassion is the best that humankind has to offer, and that compassion is not beyond our capabilities.

The Dalai Lama has said, "We can reject everything else: religion, ideology, all received wisdom. But we cannot escape the necessity of love and compassion." From Buddha to Jesus, from Isaiah to Muhammad, from Black Elk to the Vedas of India, from Lao Tzu to the wisdom teachers in Africa, our species is admonished to respond to life by compassion.

Compassion is the living out of our interdependence. (In today's physics and cosmology, interdependence is once again the basis of all our relations.) Compassion is about sharing the joy and the pain, and doing what we can to relieve that pain. Compassion requires the calling forth, the educing, and the education, therefore, of our deepest capacities as a species: our capacity to act as if we truly are part and parcel of one another, in joy as well as in sorrow.

Excerpted from The AWE Project *by Matthew Fox, printed with permission from the author. Matthew Fox founded the University of Creation Spirituality, is a teacher, the author of 26 books, a respected theologian and an Episcopalian priest.*

Matthew Fox leads an interactive workshop, *How to Create an Awe-some Life: Redefining the Human, Re-igniting Community*, June 2 to 5 at the Canadian Memorial Centre for Peace. For more information, visit www.earthrevival.org

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Drug Bust cont'd from p.25

person may be enough to anesthetise another. Higher doses of drugs may contain unwelcome adverse effects. Getting too much of a good thing can sometimes turn into a really bad thing.

4) Non-sedating antihistamine drugs, such as fexofenadine (Allegra) and loratadine (Claritin) are wildly popular but should not be used by the elderly. They are apparently less sleep inducing than the older antihistamines, but they too can cause a number of unpleasant side effects, both mental and physical, including confusion, delirium, short-term memory problems, dry mouth, constipation, difficulty urinating and blurred vision. These tend to make your original problem – a case of itchy eyes or congestion – appear somewhat mild.

5) Congestion: don't get so stuffy about it. Sometimes, when you have an allergy, you can become badly congested, and you'll likely be overwhelmed by a burning desire to squirt some product up your nose.

This is normal, yet nose-squirting drugs, such as beclomethasone nasal steroid spray or fluticasone (brand name Flovent or Advair), which work for many people, can potentially cause other problems. They may, in fact, weaken your immune system and make you more susceptible to colds. One of the side effects of nasal steroids is the suppression of the adrenal glands, which can cause low blood sugar, unconsciousness, coma, or even death. There is also some concern that steroids may stunt the growth of adolescents, especially with long-term, high-dose use, yet the jury is still out on this one. Again, the principle of going low and slow applies.

6) Try and avoid being taken to the cleaners over your allergy pills. Great savings can be had if you look for generic products. For example, at my local pharmacy, the brand name Benadryl (diphenhydramine) costs $6.99 for 12 pills (58 cents each). The same dosage in a generic drug costs $4.99 for 20 pills (25 cents each).

7) Questions about long-term use? Again, like any other drug, taking it over the long term is a gamble. For example, a recent study questioned whether antihistamine use might be linked to the development of brain tumours. It appears there is an association (remember, association is *not* causation) between people who have allergies or asthma and a lower risk of glioblastoma, a deadly type of brain tumour.

Scientists theorize that allergies and asthma perhaps cause inflammation in the brain, and that this is a good thing, as it might keep immune system cells active and working to prevent these cancers. They reason that if people are using antihistamines to get rid of their allergic symptoms, they might also be eliminating the protective effect (the inflamed brain).

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At the end of the day, drugs for allergies don't cure your allergy per se; they just provide some relief to get you through the season. Happy sneezing.

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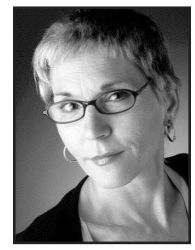

On track zodiac

MAY 2006 • *ILONA HEDI GRANIK*

ARIES (Mar 21 – Apr 19)
Doing things differently will bring about a refreshing change. Your restless nature desires a break from the mundane, so stay mentally sharp by surprising yourself. Could be time for fun and games as you sport a new attitude for learning and discovery. You are the pioneer of the zodiac.

TAURUS (Apr 20 – May 21)
Unlike your usual laid-back, relaxed mode, you will be going after what you want. This is a busy time for you on the work front, and you could accomplish many things. Action leads to certain abundance.

GEMINI (May 22 – Jun 20)
Your capacity to make predictions is greater than you realize. Acknowledge your gifts of deep insight. With your generosity and positive outlook, you can move mountains or, at least, share your wealth.

CANCER (Jun 21 – Jul 22)
Possible setbacks may cause you to overindulge in food and drink or battles with co-workers and friends. Mars, now in the sky, has a tendency to stir-up activity. You may cut with your words to slice through to the truth; this could cause conflict. Chop more wood and carry more water.

LEO (Jul 23 – Aug 22)
You may feel a sense of loneliness and not quite understand why. The inner workings of your unconscious have been surfacing, and untold stories need to be addressed. Life seems to have a serious tone, so focus on whatever brings you the ability to laugh with yourself.

VIRGO (Aug 23 – Sep 22)
With a tendency to change your mind frequently, you might do well to take care to preserve your energy. With endless strings of meetings, luncheons and phone calls, make short-term decisions that give you time to pave the way for great relationships down the road. New strategies are needed.

LIBRA (Sep 23 – Oct 22)
Relax and enjoy the abundance that is your life. You are in a period where the rainbow is always over your shoulder. Give to others, as they need your healing ways, and continue going with the flow.

SCORPIO (Oct 23 – Nov 21)
The self-improvement courses you have embarked upon indicate an obvious need to get to your roots. You will no doubt survive the fires of liberation, but you may need to face more deep-seated fears. Your renewed faith in yourself blossoms.

SAGITTARIUS
(Nov 22 – Dec 21)
Your capability to focus and tie up loose ends has won you the respect you deserve. Your attention to detail and your desire to follow your instincts have brought you both personal satisfaction and a greater sense of commitment. You are in step with a divine plan.

CAPRICORN
(Dec 22 – Jan 19)
A unique perspective motivates you now, as bizarre circumstances seem to be a daily occurrence. If you feel you're in uncharted territory, it might behoove you to wait until you feel a sense of equilibrium. Find ways to keep your body agile.

AQUARIUS (Jan 20 – Feb 19)
You may have a desire to get involved in some kind of metaphysical arts or astrology. The higher planetary influences have an illuminating effect, and you now feel like tapping into that source. You are unwavering in your spiritual practice.

PISCES (Feb 20 – Mar 20)
Sudden injuries and mini occurrences come from a planetary source that leaves little room for logic. You have constantly had to deal with the health of your body. You may find that your psyche has been on red alert. Express yourself with poise, as much flexibility is needed. Dancing is the key to your well-being.

Ilona Hedi Granik is a clairvoyant consultant and author with 31 years of experience in astrology, multi-media art and healing. ilona23@shaw.ca www.heartlightcentre.com

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Drug Bust cont'd from p.25

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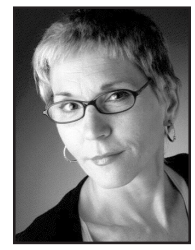

On track zodiac

MAY 2006 • *ILONA HEDI GRANIK*

ARIES (Mar 21 – Apr 19)
Doing things differently will bring about a refreshing change. Your restless nature desires a break from the mundane, so stay mentally sharp by surprising yourself. Could be time for fun and games as you sport a new attitude for learning and discovery. You are the pioneer of the zodiac.

TAURUS (Apr 20 – May 21)
Unlike your usual laid-back, relaxed mode, you will be going after what you want. This is a busy time for you on the work front, and you could accomplish many things. Action leads to certain abundance.

GEMINI (May 22 – Jun 20)
Your capacity to make predictions is greater than you realize. Acknowledge your gifts of deep insight. With your generosity and positive outlook, you can move mountains or, at least, share your wealth.

CANCER (Jun 21 – Jul 22)
Possible setbacks may cause you to overindulge in food and drink or battles with co-workers and friends. Mars, now in the sky, has a tendency to stir-up activity. You may cut with your words to slice through to the truth; this could cause conflict. Chop more wood and carry more water.

LEO (Jul 23 – Aug 22)
You may feel a sense of loneliness and not quite understand why. The inner workings of your unconscious have been surfacing, and untold stories need to be addressed. Life seems to have a serious tone, so focus on whatever brings you the ability to laugh with yourself.

VIRGO (Aug 23 – Sep 22)
With a tendency to change your mind frequently, you might do well to take care to preserve your energy. With endless strings of meetings, luncheons and phone calls, make short-term decisions that give you time to pave the way for great relationships down the road. New strategies are needed.

LIBRA (Sep 23 – Oct 22)
Relax and enjoy the abundance that is your life. You are in a period where the rainbow is always over your shoulder. Give to others, as they need your healing ways, and continue going with the flow.

SCORPIO (Oct 23 – Nov 21)
The self-improvement courses you have embarked upon indicate an obvious need to get to your roots. You will no doubt survive the fires of liberation, but you may need to face more deep-seated fears. Your renewed faith in yourself blossoms.

SAGITTARIUS
(Nov 22 – Dec 21)
Your capability to focus and tie up loose ends has won you the respect you deserve. Your attention to detail and your desire to follow your instincts have brought you both personal satisfaction and a greater sense of commitment. You are in step with a divine plan.

CAPRICORN
(Dec 22 – Jan 19)
A unique perspective motivates you now, as bizarre circumstances seem to be a daily occurrence. If you feel you're in uncharted territory, it might behoove you to wait until you feel a sense of equilibrium. Find ways to keep your body agile.

AQUARIUS (Jan 20 – Feb 19)
You may have a desire to get involved in some kind of metaphysical arts or astrology. The higher planetary influences have an illuminating effect, and you now feel like tapping into that source. You are unwavering in your spiritual practice.

PISCES (Feb 20 – Mar 20)
Sudden injuries and mini occurrences come from a planetary source that leaves little room for logic. You have constantly had to deal with the health of your body. You may find that your psyche has been on red alert. Express yourself with poise, as much flexibility is needed. Dancing is the key to your well-being.

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